



Making Connections • Staying Active • Living Well

July

Register for classes online at [www.arpdeplay.com](http://www.arpdeplay.com)

2016

### **Mastick Senior Center Holiday Closure**

Mastick Senior Center will be closed on **Monday, July 4**, for the Fourth of July Holiday.

### ***Getting Acquainted with the Center...***

#### **Membership Renewal a MUST!**

The July edition of our monthly newsletter, *Mastick Bee*, is being mailed to you as a reminder to come into the Center to renew your membership. **All members are required to renew their membership annually** during the month of **July!** Those not receiving the newsletter in the mail, either became a member after June 7, 2016 or have been dropped from our membership database. Membership remains **free, is required to participate in programs**, and extended to individuals 50+.

#### **Mastick Code of Conduct**

The *Mastick Code of Conduct* was introduced and adopted by the MSCAB on September 19, 2001 in an effort to ensure an enjoyable and consistent environment for all members participating in Mastick programs. Copies of the *Code of Conduct* are available in the flier carousel located in the Lobby or by visiting our website at [www.mastickcenter.com](http://www.mastickcenter.com). Members are required to adhere to the Code when at the Center and participating in our programs.

#### **MSCAB Scholarship Program Benefits YOU**

The Mastick Senior Center Advisory Board (MSCAB) Scholarship Program is funded by the MSCAB's fundraising programs and provides assistance up to 50% (not to exceed \$50) to members **four** times per year to offset the cost of Mastick classes, trips, and/or programs. **Scholarship applications must be submitted at the time of program registration.** Program registration assistance is available in the Mastick Office.

### **Be Present and Accounted For!**

We track the number of participants attending classes to determine program popularity. To ensure our records are accurate, please sign your name on the roster in the:

- **Lobby** when visiting the Game, Media, and Coffee Rooms, as well as attending special events (e.g., Music Appreciation, Sing-Along with Keiko, etc.);
- **Computer Room** when using the Computer Lab or taking a computer class; and
- **Pool Room** when playing pool.

**Instructors/Volunteers** are requested to record the number of participants on the monthly Attendance Tally Sheet provided in the **Social Hall, Skill Center, Media Room, Game Room, Dining Room 2, and Rooms A, B, D, and E.**

**If you are taking several classes, sign in at each location and for each program.** Thank you for participating and helping to ensure that your favorite programs continue. Visit the Mastick Office for assistance or clarification.

### **Senior Connections**

Senior Connections is a collaboration between Mastick Senior Center and Alameda Family Services to provide case management assistance for Alameda seniors needing help with health insurance, housing needs, in-home support services, food resources and so much MORE! The Case Manager is available on Tuesdays and Thursdays by appointment. To schedule an appointment, please call 747-7506.

### How to Evacuate Mastick Senior Center

Should the need arise, we want you to be prepared to evacuate Mastick Senior Center while attending a class or program. **Mastick Senior Center staff and class instructors are designated evacuation monitors.** Each classroom is equipped with an evacuation map outlining the best route to exit the classroom you are occupying.

It is always best to be familiar with the classroom and your surroundings. When evacuating the premises, consider the following:

- Be aware of the evacuation map and review the evacuation route.
- Note that an addressable alarm system (fire alarm) was installed in 2005 and is designed to sound an alarm (bell) and alert Alameda's Central Dispatch of a fire at Mastick Senior Center.
- Exit the building via the exit closest to the street (e.g., Bay Street, Santa Clara Avenue, parking lot, etc.) and gather at the corner (Santa Clara and Bay or Santa Clara and St. Charles).
- Do not evacuate or congregate in the courtyard.
- Take personal belongings (e.g., purse, medication, etc.). However, **DO NOT** pack up craft projects.
- Inform Mastick staff and the Fire Department (during an actual evacuation) of participants needing special assistance evacuating the building.

### Need a Quiet Space to Meet?

Mastick Senior Center has many nooks and crannies that are available for our members to use as meeting spaces to interview a contractor or a caregiver. If you don't want to meet in your home, consider meeting at the Center. To reserve a meeting space, contact the Mastick Office at 747-7506.

### Services to assist you...

#### Mastick Office—Services & Assistance

The Mastick Office, open Monday through Friday from 9:00 am to 3:00 pm, is available to assist you with the following services:

1. Program Registration
2. Garbage and Recycling Discount Forms
3. Utility Users' Tax (UUT) Exemption Forms
4. AUSD Parcel Tax Exemption Forms
5. Advance Health Care Directive Kits (fee \$2)
6. POLST Kits (fee \$1)
7. Do Not Resuscitate Forms (fee \$1)
8. Home Energy Assistance Program Forms
9. HICAP & Long-term Care Appointments
10. Notary Public Appointments
11. Legal Assistance for Seniors (LAS) Appointments
12. California Driver Handbooks
13. Transportation Assistance
14. California State Library Applications—Braille & Talking Book Library

#### The Mastick Café

The Mastick Café serves a nutritious meal, provided by Spectrum Community Services, Monday through Friday at 12:00 in Dining Room I. To participate, individuals must be 60 or better. A donation of \$3.75 per meal is appreciated. Advanced reservations are required and accepted Monday through Thursday, 11:15 am to 12:00 in Dining Room I. For additional information, call 747-7503.

#### Brown Bag Program

Mercy Care Center's Brown Bag Program distributes donated food to low-income seniors on the **first** and **third** Thursday from 9:00 am to 10:00 am in Dining Room 1. Eligible candidates must be 60 or older, with a gross monthly income of \$1,485 (single) or \$2,002.50 (families of two or greater). Membership must be renewed annually and voluntary contribution of \$10 is appreciated. **Applicants must provide identification and proof of income at the time of registration!** For more information, call 534-8540.

**Transportation Services...**

**Transportation Office**

The Transportation Office, located in the Mastick Office, is available on **Tuesdays** and **Thursdays** from **9:00 am to 12:00** and offers the following services:

<b>Transportation Ticket Sales</b>	
EBP Ticket Books (10 Tickets)	\$40
Premium Taxi Program Tickets	\$2.50 ea
Medical Return Trip Improvement Program (MRTIP) Tickets	\$2.50 ea

**City of Alameda Shuttle**

The Alameda Shuttle, funded by Measure B transportation sales tax dollars, is **free** and a great way to get around town. The shuttle is **open to the public**, yet its primary purpose is to connect seniors and individuals with disabilities with access to major shopping destinations and medical facilities around the City. Other passengers may ride the shuttle as space allows. The shuttle operates from 9:00 am to 4:00 pm on Tuesdays, Wednesdays and Thursdays. Schedules are available at <https://alamedaca.gov/public-works/city-alameda-paratransit-services>.

**Mobility Matters—Volunteers Needed**

Mobility Matters has trained volunteers, using their own vehicles, to provide one-on-one, door to door, escorted transportation services for medical care and shopping needs. Eligible candidates must be 60 or older and unable to use other forms of transportation. For more information, contact 928-7433.

**Non-Emergency Wheelchair Transportation**

Alameda County offers a non-emergency transportation service for individuals needing assistance with a wheelchair breakdown. For information, call 1-877-509-4335.

**Road to Recovery**

*Road to Recovery* is an American Cancer Society program that provides free transportation services for patients to cancer-related medical appointments. For more information, call the American Cancer Society at 832-7012.

**Paratransit Services...**

**East Bay Paratransit (EBP)**

EBP is a public transit service for people who are unable to use AC Transit buses or BART trains because of a disability or a disabling health condition. Participants are transported from their place of origin to their desired destination in wheelchair equipped vans and sedans. EBP was established by AC Transit and BART to meet Americans with Disabilities Act (ADA) requirements. For more information, call 287-5000.

**Alameda Paratransit Scholarship Program**

The City of Alameda, through Measure B funding, offers limited matching funds to assist with Premium Taxi Service and MRTIP expenses. Eligibility requirements apply. Applications are available in the Mastick Office.

**City of Alameda Premium Taxi Service**

Premium Taxi Service provides a 50% discount for taxi rides with a City of Alameda transportation provider. The service is not limited to medical trips. Participants must purchase required discount tickets in advance and are limited 20 coupons per quarter (every three months).

Eligibility requirements: Must be East Bay Paratransit certified or 70 years of age or older without a driver's license.

Cost: Each Premium Taxi Travel Voucher has a \$5 value and costs \$2.50. If the cost of a trip cannot be covered with one or more \$5 Premium Taxi Travel Vouchers, an additional travel voucher or cash may be used to pay the additional cost. Drivers are prohibited from providing change. Participants must present the driver with a completed Travel Information Form upon arrival at the requested destination. *City of Alameda Paratransit Services funded by Measure B.*

“Live with intention. Walk to the edge.

Listen Hard. Practice wellness.

Play with abandon. Laugh.

Choose with no regret.

Appreciate your friends. Continue to learn.

Do what you love. Live as if this is all there is.”

Mary Anne Radmacher

**Paratransit Services (continued)...**

**Medical Return Trip Improvement Program**  
Veterans Cab, the City of Alameda's transportation provider, provides transportation for individuals returning home from medical appointments. Participation is dependent on East Bay Paratransit eligibility. Participants are eligible to receive 10 MRTIP vouchers per month. Vouchers must be purchased in advance for \$2.50 each, and expire after one year. The \$2.50 voucher covers the entire expense of the trip within Alameda County. *City of Alameda Paratransit Services funded by Measure B.*

**Housing Resources...****Housing Rehabilitation Programs**

The City of Alameda sponsors several rehabilitation programs providing loans, grants, and/or technical assistance to homeowners. Assistance is available to repair housing stock for low and moderate-income residents, correct code deficiencies, or perform minor emergency home repairs. For more information, contact Miriam Delagrangé at 747-4341 or e-mail [mdelagrangé@alamedahsq.org](mailto:mdelagrangé@alamedahsq.org).

**Rent Review Advisory Committee (RRAC)**

The RRAC reviews complaints of significant rental increases, providing a neutral forum for renters and residential property owners to present their views. It evaluates increases, determines whether they are equitable, and, if not, attempts to mediate a resolution acceptable to all parties.

The RRAC does not provide legal advice. Each landlord and tenant is responsible for seeking the advice of legal counsel on any matter(s) or document(s) related to their specific circumstances. The Committee's recommendations are not legally binding. For more information, visit [www.alamedahsq.org](http://www.alamedahsq.org).

**Leadership activities include...****Mastick Senior Center Advisory Board**

The Mastick Senior Center Advisory Board (MSCAB), comprised of five officers and 10 directors, is the active administrative advisory committee for the Center. MSCAB meetings are held on the *third* Wednesday of each month at 9:30 am in Room D. Meetings are open to the general public. Join us!

**MSCAB 2015 Accomplishments**

During 2015, the MSCAB, with revenue generated from their various fundraising programs, provided over \$132,000 to support operational expenses (newsletter production, scholarship fund, computer lab maintenance) and building upkeep needs. A few building projects included:

Project	Amount
Case Management Services	\$30,000
Computer Room Chairs	\$ 6,150
Dry Rot Repair & Belly Band Molding Removal	\$13,750
Garden Planting Bed & Supplies	\$ 1,600
Installed Foundation Vents	\$ 8,322
Installed Front Lawn Sign	\$ 3,893

**Fundraising Activities for all interests...****MSCAB's Fundraising Activities**

Revenue generated from the MSCAB sponsored fundraising activities assist with the maintenance and operation of the Center. Fundraising activities are a lot of fun, a great way to volunteer your time, and provide an opportunity to make new friends while supporting Mastick Senior Center! Fundraising activities include some of the following:

**Mastick Bingo Program****Saturdays, 11:30 am - 2:30 pm Social Hall**

This program ensures an afternoon of fun, socializing, and a chance to win cash and prizes for individuals 18 years of age and older. Doors open at 9:30 am.

***Fundraising Activities for all interests  
(continued)...***

**Mastick Thrift Shop**

**Tuesday & Saturday, 10:00 am - 2:00 pm**

The Mastick Thrift Shop is open to the **public** and offers an affordable shopping opportunity for the community. The Thrift Shop accepts donations that are clean and in good condition. Refer to the flier for donation criteria.

**Annual Thrift Shop Fashion Show &  
Luncheon**

The Thrift Shop Committee provides a luncheon with fashions from the Thrift Shop modeled by Mastick volunteers. This year, the event will be held on **Thursday, September 8**. Tickets will go on sale on Monday, August 1, in the Mastick Office.

**Memorial Board**

The **Memorial Board** located in the Mastick Social Hall honors the memory of those dear to our heart. A beautiful bronze plaque bearing the name of a deceased loved one can be added to the Memorial Board with a donation of \$100. For more information, please contact the Mastick Office at 747-7506.

**2% Utility Users' Tax (UUT) Exemption**

Alameda residents, 62 years of age and older or low income, are eligible for a 2% exemption on the UUT for the following utility services: electrical, gas, and cable services. Residents can benefit from the 2% reduction or can designate the cost savings *as a restricted gift to fund Mastick Senior Center programs*. In 2015, Mastick Senior Center received **\$2,281.68** for programs as a result of residents designating their cost savings to the Center. ***UUT Exemption forms are available in the Mastick Lobby and Office.***

**Mastick Senior Center Supporters**

Many members elect to make monetary donations or leave charitable gifts for the Center. For more information, please contact the Mastick Office at 747-7510.

**Thank you for your Generosity & Support**

The Mastick Senior Center Advisory Board, Volunteers and Staff wish to thank you for supporting Mastick Senior Center! We would especially like to thank the following:

**Nancy de Maranville**

**Lon & Connie Harvey**

**Marymount Villa Retirement Center**

**MSC Thrift Shop Volunteers**

**The Estate of Patricia Jackson**

**Sidney Yuen**

***Program Highlights...***

**Program Refund Policy**

The Alameda Recreation and Park Department Refund Policy is as follows:

- If a client requests a withdrawal and/or transfer from ANY class or program before the start date, there is an automatic \$15 administrative fee.
- After a class begins, withdrawal and/or transfer requests are charged an automatic \$15 administrative fee and will be prorated based on the number of classes that have already passed in the session.
- The remaining funds will only be applied to your account as a credit to use for a future enrollment.
- Please note that certain programs (e.g., Mastick Trips\*) have different refund policies.
- There are no refunds/credits/make-ups allowed for any classes you miss.

\*See Mastick Senior Center Travel Program Policy and Procedures Manual for Trips Refund Policy.

**July Highlights...**

**Summer Swimming Schedule**

Enjoy recreational and lap swimming this summer. Senior rates are \$3/resident and \$4/non-resident per session. Schedule provided below. **Note: Closed on Monday, July 4.**

**Emma Hood Swim Center** (2256 Alameda Ave)

**Lap Swim (Open through August 11)**

Monday-Thursday.....7:30 pm - 8:30 pm

**Encinal Swim Center** (230 Central Ave)

**Lap Swim (Open through August 11)**

Monday-Thursday.....1:30 pm - 2:30 pm  
Saturdays.....9:15 am - 10:15 am

**Recreational Swim (Open through August 5)**

Fridays.....1:30 pm - 4:00 pm

**Drawing and Painting Class**

Join Mi'Chelle Fredrick, Instructor, on **Fridays (Class #16731)** beginning **July 1** from 9:30 am to 12:30 pm in the Skill Center for art instruction (lesson/lecture), independent study, and group critique. This nine-week class is \$70, plus materials expenses. **Preregister online at [www.arpdeploy.com](http://www.arpdeploy.com) or in the Mastick Office.**

**Mastick Book Club**

On **Tuesday, July 5**, at 12:00 in Dining Room 2, Book Club members will review "The Secret Life of Bees" by Sue Monk Kidd. "The Hare with Amber Eyes" by Edmund de Waal will be reviewed on **Tuesday, August 2**. For more information, please contact the Mastick Office at 747-7506.

**Mastick Movie Schedule**

Enjoy the **Mastick Movie Matinee** and **free** popcorn every **Thursday** at 1:00 pm in the Media Room. Seating limited to the first 50 members. The schedule is as follows:

July 7.....Woman in Gold  
July 14.....Room  
July 21.....Spotlight  
July 28.....Homeward Bound

**Wednesday Evening Program...**

**Mastick Senior Center Evening Hours**

**Through Wednesdays August 31**

**5:30 pm to 8:30 pm**

Join in the fun on Wednesday evenings by taking one or more of the classes listed below! This is a great opportunity for folks unable to participate during the day! **Preregistration for classes required, please call 747-7506.**

**Wednesday Evening Movie Schedule**

Enjoy watching a movie in the Media Room at 6:00 pm every Wednesday through August 31! Schedules available in the Lobby.

**Bicycle Maintenance and Safety Clinic**

**August 3.....6:30 pm - 8:30 pm**  
**Dining Room 2.....FREE**

Westside Joe's Bike Shop comes to Mastick for an informative and fun night of "hands on" instruction and discussion.

**Line Dance (Beginning)**

**June 22 – August 31.....6:00 pm - 7:30 pm**  
**Social Hall .....\$3 per class**

**Computer Software Workshops**

**July 6 - August 31.....6:00 pm – 8:00 pm**  
**Room C..... \$10 per class**

**Instructor: Patricia Meier**

In order: **All about Apps**; Instagram and What's App? **Facebook and Twitter**; Meet Windows 10; **A Better Browser**; Surfing Security; **Smart Technology or Dumb Idea?** Photo Tips and Tricks; and **T-shirt Transfers.**

**Traveler's Tales (FREE)**

Join Naturalist James Frank for an armchair travel-talk series.

**Dining Room 2.....6:00 pm**

**July 13: Baja Mexico**

**July 27: National Parks**

**Travel Your Way!**

**August 10.....6:00 pm – 7:15 pm**  
**Dining Room 2.....FREE**

Susan Driscoll, tour manager, will provide insights into traveling on your own and/or with a group.

**Wednesday Evening Program fliers available in the Mastick Lobby.**

**July Highlights (continued)...****AARP Smart Driver Course**

This course is designed for individuals age 50 and older. Register and pay in the Mastick Office at least one day prior to class. Cost: \$15 AARP members or \$20 non-members (**payable by check ONLY**).

The **standard course** is offered in two, four-hour sessions over a two-day period from 9:00 am - 1:00 pm on the following dates: **Wednesdays, July 6 & 13 and October 5 & 12.**

The **refresher course** is offered in one, four and a half-hour session from 9:00 am - 1:30 pm and is available to individuals that have taken the standard course within the last four years. The refresher course is offered on a Wednesday on the following dates: **August 3, August 17 (5:00 pm - 9:30 pm), September 7, and November 2.**

**Computer Software Classes**

Computer classes are offered from 1:30 pm to 3:30 pm in Room C. Fliers outlining class particulars are available in the Mastick Lobby. **Preregistration required. Register in the Mastick Office or [www.arpdeplay.com](http://www.arpdeplay.com).**

**MS Word Layout & Graphics Feature**

**Mondays, July 11, 18, & 25**

**Cost: \$30 (Class #16750)**

MS Word's special features (columns, tables, Smart Art and Charts) enable you to present information in a more interesting and dynamic way. Learn how you can enhance your documents, fliers, and other Word projects.

**Windows 10 Operating System**

**Mondays, August 1, 8, 15, 22, & 29**

**Cost: \$50 (Class #16751)**

This course will cover the major features of the Windows 10 Operating System, including the new Start Menu, Start Screen Tiles, Modern Metro apps, Cortana Personal Assistant, Revised Taskbar and File Manager (formerly Windows Explorer.)

**Prerequisite: Computer Foundations Course or basic computer skills. Flash drive required.**

**FREE - Mobile Devices Made Easy - FREE**

Join Joe Brandt, Volunteer Instructor, on **Fridays, July 8 – August 19** (no class on 8/12) from 10:30 am – 12:00 in Room C and learn to make mobile devices (Apple and Android products welcome) easier to use.

The 2<sup>nd</sup> and 3<sup>rd</sup> classes are designed for iPhone and iPad users. The 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> classes are designed for advanced mobile device use with iPhones and iPads. Participants are welcome to attend any or all of the six sessions. **Preregistration required, please call 747-7506.**

**ABC's Of Keakealani Hula**

Learn the fundamentals of Hawaiian dance in a friendly and relaxed environment with Alberta Jay, Instructor. The class is offered on Mondays and Fridays, July 8 – August 12, 11:30 am - 12:30 pm in Room A. Cost: \$30, Room A. **Preregistration required, please visit the Mastick Office.**

**Diabetes Workshop - FREE**

**Mondays (July 11, 18, 25, August 1, 8, 15, & 22)**

**10:00 am - 12:00, Room E**

Alameda County Public Health Department will offer a seven-week workshop designed for individuals with Type 2 Diabetes or who are pre-Diabetic. Learn how to: manage your Diabetes and medication; monitor blood sugar, stress and physical activity; and still enjoy foods you love while controlling your Diabetes. **Preregistration required. To register, please call 383-5185.**

**American Sign Language (ASL)**

Learn alphabetic and numeric fingerspelling, shapes, greetings, simple sentences and games with Sheila Holmes, Instructor, on **Mondays** beginning **July 11**, in Room D. The class cost is \$25. **Preregistration required. Register in the Mastick Office or [www.arpdeplay.com](http://www.arpdeplay.com).**

Beginning (Class #16742): 12:15 pm to 1:15 pm

Advanced (Class #16743): 1:15 pm to 2:15 pm

Continuing (Class #16744): 2:15 pm to 3:15 pm

**July Highlights (continued)...****Chair Yoga (Class #17109)**

Join Darlene Cruz, Certified Yoga Instructor, for Chair Yoga on **Wednesdays (July 13 - August 24)** from 10:30 am to 11:45 am in the Social Hall. No class on July 27. Cost: \$42. **Preregistration required. Register in the Mastick Office or online at [www.arpdeplay.com](http://www.arpdeplay.com).**

**New Member Orientation & YOU!**

The New Member Orientation offers a guided tour to introduce you to the Center, an information packet outlining the various programs, and a coupon to enjoy a complimentary lunch! Join us on **Thursday, July 14 (August 11, September 15, October 13)**, at 10:30 am. **Preregistration required, please call 747-7506.**

**Beginning Ceramics**

Join Bonnie Boller, Instructor, on **Thursdays** beginning **July 14**, from 9:30 am to 12:00 in the Skill Center for an introduction to hand-building, throwing of clay pottery, and sculpture. This 10-week class is \$111 (\$30 supplies fee paid to instructor on first day of class). **Preregister online at [www.arpdeplay.com](http://www.arpdeplay.com) or in the Mastick Office. (Class #16864)**

**Learn How to Live with Reduced Vision**

Is your vision changing? If so, the Lions Center for the Blind will present on **Thursday, July 28**, 1:00 pm - 2:00 pm in Room D. Topics include: information about programs and services, daily living and traveling skills, and assistive devices and technology. **Preregistration required. To register, please call 747-7506.**

**Contemporary Comedic Genius – Richard Pryor**

**Tuesday, July 19, 1:30 pm - 3:00 pm, DR 2**  
Join Martin J. Marshall, writer, director, and producer of comedic films for a look at the antics of Emmy and Grammy winner, Richard Pryor. He'll deconstruct the talents of this masterful comic and show us how Pryor worked his magic. This CSUEB Scholar-OLLI program is sponsored by the MSCAB. **Preregistration required. To register, please call 747-7506.**

**English as a Second Language (ESL)**

Learn English with Dolly Fong, Instructor, on **Tuesdays (July 19 - September 6)**. This class meets in Room D from 10:00 am to 12:00. Cost: \$20 per person. **Preregistration required. Register in the Mastick Office or [www.arpdeplay.com](http://www.arpdeplay.com). (Class #16745)**

**Geriatric Pain Management - FREE**

On **Thursday, July 21**, at 1:00 pm in Room D, Jeanne Lahaie, RN-BC, MS, GCNS-BC, and Geriatric Pain Specialist, will teach a class on pain management in older adults. Learn about different types of pain and the common therapies for them. **Preregistration required, please call 747-7506.**

**Birthday Party Celebration**

Celebrating a birthday in July? Join us for cake and good cheer on **Thursday, July 28**, at 12:30 pm in Dining Room 2. ***Be sure to mark your calendar to celebrate with us!***

**Music Appreciation Class**

On **Thursday, July 28**, at 1:30 pm in Dining Room 2, William Sturm, Volunteer, will discuss and perform the romantic music by one of Mexico's greatest composers, "Mexico's Grand Master: Carlos Chavez". *All are welcome!*

**Calling All Mastick Artists!!!**

Mastick members enrolled in classes offered at the Center are encouraged to participate in our next Multimedia Art Exhibit scheduled to open **Wednesday, August 24**. Artwork Submission Forms are available in the Mastick Office and due to the Mastick Office by **Friday, July 29 at 3:00 pm.**

**August Highlights...****Urquhart Memorial Concert Band—FREE**

The Urquhart Memorial Concert Band, conducted by Joel Toste, returns to perform big band sounds, popular tunes in medley, marches, and a Dixieland Jazz Combo on **Monday, August 1**, at 1:30 pm in the Mastick Social Hall. Program sponsored by the MSCAB. *All are welcome.*



**August Highlights (continued)...****Yoga****Class #16860 (T) / Class #16862 (W)**

Rosemary McNally, Instructor, leads Yoga in Room A on Tuesdays (**August 2 - September 6**) from 10:30 am to 12:00 and Wednesdays (**August 3 - September 7**) from 9:00 am to 10:30 am. Improve flexibility and balance while reducing stress. These six-week sessions are \$42. **Preregistration required. Register in the Mastick Office or [www.arpdeplay.com](http://www.arpdeplay.com).**

**Spanish Conversation (Intermediate Level)**

Join Mirtha Ninayahuar, Instructor, on Mondays (**August 8 - October 17**) from 10:00 am to 12:00 in Room D to discuss topics such as Latin American Culture, current events, and students' interest in Spanish.

Interactive role play, reading, and music will be used to enhance discussions. **Preregistration required. Register in the Mastick Office or [www.arpdeplay.com](http://www.arpdeplay.com).** Class cost is \$40. (**Class #17186**)

**Identity Theft Protection****Tuesday, August 9, 1:00 pm, Dining Room 2**

Join Judith Szeto, Volunteer Instructor, for a workshop on Identity Theft and specifically Medical Identity Theft. Learn strategies to protect yourself. **Preregistration required, please call 747-7506.**

**Drumming Circle @ Mastick! - FREE****Thursday, August 11, 2:30 pm, Room A**

Improve circulation, loosen stiff joints, and stimulate the mind while having a fun musical experience with the Mercy Retirement Community Drumming Circle. **Preregistration required, please call 747-7506.**

**Arthritis Presentation - FREE****Tuesday, August 16, 1:00 pm, DR 2**

This presentation will provide an overview on Arthritis including: the various stages, treatment options, pain management, and diet and exercise. Hosted by Mastick Senior Center and Elders Village. Sponsored by AEC Living. **Preregistration required, please call 747-7506.**

**PoleWalking to Maintain Balance & Mobility**

Jayah Faye Paley, Instructor, returns on **Tuesday, August 23**, from 12:30 pm to 3:30 pm in Room D to teach PoleWalking! Highlights: Improve balance, strengthen core muscles, and reduce falling. The cost is \$28 for first time students/\$15 for returning students. **Preregistration required, please call 747-7506.**

**Fall Prevention - FREE****Tuesday, August 23, 1:00 pm, DR 2**

Join Ysela Jimenez, with the Alameda County Injury Prevention Program, for a presentation on the factors contributing to falls and how to reduce risks. Topics include: behaviors, nutrition and medication management, fitness, and home safety. **Preregistration required, please call 747-7506.**

**Art Exhibit Reception**

Join us on **Wednesday, August 24**, from 10:30 am to 11:30 am, in the Lobby for a Multimedia Art Exhibit reception to celebrate and admire the many works created by Mastick artists. Enjoy refreshments while hearing anecdotes from our artists.

**Active Wellness (Class #17226)****Wed. (August 24 - October 5) at 9:00 am**

Darlene Cruz, Certified Yoga Instructor, has designed a class to improve both physical and mental well-being that includes: strength training with hand weights, cardio exercise, stretching for physical fitness and breathing exercises. Join us in the Social Hall. Cost: \$42. **Preregistration required. Register in the Mastick Office or online at [www.arpdeplay.com](http://www.arpdeplay.com).**

**Chair Yoga (Class #17223)**

Join Darlene Cruz, Certified Yoga Instructor, for Chair Yoga on **Wednesdays (August 31 - October 5)** from 10:30 am to 11:45 am in the Social Hall. Cost: \$42. **Preregistration required. Register in the Mastick Office or online at [www.arpdeplay.com](http://www.arpdeplay.com).**

**September Highlights...****A Guide to Watching Pro Football  
Thursday, September 1, Room E****Pigskin 101: 10:00 am; Adv. Pigskin: 12:00**

Join Ed Kallas, Recreation Services Specialist, for a fun instructional presentation on America's favorite sport. Learn about the history, rules, object, and player positions of various football leagues. Looking for more FOOTBALL? If so, stay for the advanced class! **Preregistration is required for each class. Please call 747-7506.**

**Annual Fashion Show and Spring Luncheon**

Join us for the Annual Thrift Shop Fashion Show and Spring Luncheon on **Thursday, September 8**, in the Mastick Social Hall. The event begins at 11:00 am and ensures good food, fun, and fashion! Ticket sales will begin **Monday, August 1**, at 9:00 am in the Mastick Office. *All proceeds support Mastick Senior Center.*

**Fitness Class**

Beginning **Friday, September 9**, stay fit with Julie Manown, Instructor, on Mondays **and/or** Fridays.

**Mondays (Class #17203): Sept. 12 - Dec. 19**

**Fridays (Class #17204): Sept. 9 - Dec. 16**

**M/F (Class #17205): Sept. 9 - Dec. 23**

**Preregistration required. Register in the Mastick Office or [www.arpdeplay.com](http://www.arpdeplay.com).**

**Drawing and Painting Class****Class #17268 (M) or Class #17269(F)**

Join Mi'Chelle Fredrick, Instructor, on **Mondays (beginning September 12)** from 12:30 pm to 3:30 pm or **Fridays (September 16)** from 9:30 am to 12:30 pm in the Skill Center for art instruction (lesson/lecture), independent study, and group critique. This nine-week class is \$70, plus materials expenses. (Class holidays: 11/7 & 11/11) **Preregistration required. Register in the Mastick Office or [www.arpdeplay.com](http://www.arpdeplay.com).**

**American Sign Language (ASL)**

Learn alphabetic and numeric fingerspelling, shapes, greetings, simple sentences and games with Sheila Holmes, Instructor, on **Mondays** beginning **September 12**, in Room D. The class cost is \$25. **Preregistration required. Register in the Mastick Office or [www.arpdeplay.com](http://www.arpdeplay.com).**

Beginning (Class #17256): 12:15 pm to 1:15 pm

Advanced (Class #17258): 1:15 pm to 2:15 pm

Continuing (Class #17252): 2:15 pm to 3:15 pm

**Outsmart the Scammers**

**Tuesday, September 13, 10:00 am, Room E**  
Jane Watson with Edward Jones Investments, will explain why incidents of fraud are on the rise and how scammers' tactics are becoming more complex. This presentation will help give attendees the information they need to *Outsmart the Scammers*. **Preregistration required, please call 747-7506.**

**Yoga****Class #17246 (T) / Class #17249 (W)**

Rosemary McNally, Instructor, leads Yoga in Room A on Tuesdays (**September 13 - October 18**) from 10:30 am to 12:00 and Wednesdays (**September 14 - October 19**) from 9:00 am to 10:30 am. Improve flexibility and balance while reducing stress. These six-week sessions are \$42. **Preregistration required. Register in the Mastick Office or [www.arpdeplay.com](http://www.arpdeplay.com).**

**Tarot Meditation Group - FREE****3<sup>rd</sup> Thursdays of the Month**

**Thursday, Sept. 15, 11:00 am - 12:00, Rm D**  
Have you ever wanted to learn more about Tarot? If so, this class will provide an opportunity to learn by using the cards and meditation. Please bring Tarot deck, notebook and pen/pencil. Colored pencils optional. Designed for anyone interested in Tarot. **Preregistration required, please call 747-7506.**

**September Highlights (continued)...****In the Garden with Alison Limoges - FREE**

Join Alison Limoges, Alameda County Master Gardener and Alameda Backyard Growers Board Member, on **Tuesday, September 20**, at 11:00 am in Mastick's Community Garden to learn about container gardening, ornamentals and veggies, seeds vs. starts, cover crops, composting, garden friends and pests, and climate. Bring your questions! **Preregistration required, please call 747-7506.**

**Quilting with Kathleen Fennelly**

Kathleen Fennelly, Instructor, offers a quilting class that is enjoyable for new and experienced quilters. The cost is \$40 for 10 weeks of instruction. **Registration begins on Monday, July 25. Register in the Mastick Office or [www.arpdeplay.com](http://www.arpdeplay.com). Refer to flier for program restrictions and holidays.** The fall schedule is as follows:

Mondays: September 19 - December 5  
**(Class #17270) 9:30 am to 11:30 am**  
**(Class #17271) 1:00 pm to 3:00 pm**

Thursdays: September 22 - December 8  
**(Class #17272) 9:30 am to 11:30 am**  
**(Class #17273) 1:00 pm to 3:00 pm**

**Benefits for Former Atomic Workers****Tuesday, September 20, 1:00 pm, Room D**

Learn about the Energy Employees Occupational Illness Compensation Plan Act (EEOICPA), established in 2000, to provide monetary compensation and free medical care to current and former Department of Energy Employees who are ill due to exposure to radiation and/or toxic chemicals during their employment. The program is administered through the Department of Labor (DOL). Presented by Nuclear Care Partners, an approved medical provider under the U.S. Department of Labor programs. **Preregistration required, please call 747-7506.**

**9<sup>th</sup> Annual Ice Cream Social**

On **Wednesday, September 21**, at 12:30 pm in the courtyard, welcome the cool breeze of autumn by indulging in ICE CREAM! The cost is \$2 per person paid in advance in the Mastick Office and entitles you to one ice cream sundae provided by Tucker's Ice Cream. Sponsored by the MSCAB. **Preregistration required, please call 747-7506.**

**City Manager to Visit Mastick Senior Center**

Welcome Jill Keimach, City Manager, to the City of Alameda on **Thursday, September 22**, at 10:00 am in the Mastick Social Hall. **Preregistration required, please call 747-7506.**

**Your Brain on Dance - FREE**

**Thursday, September 22, 1:00 pm, Room A**  
 Science confirms that dance is an outstanding activity for keeping the brain sharp. Learn how dance stimulates the mind to promote learning and retention. LaurieAnn Lepoff, facilitator, uses these facts to assist seniors with physical and cognitive development. **Preregistration required, please call 747-7506.**

**English as a Second Language (ESL)**

Learn English with Dolly Fong, Instructor, on **Tuesdays (September 27 - November 15)**. This class meets in Room D from 10:00 am to 12:00. Cost: \$20 per person. **Preregistration required. Register in the Mastick Office or [www.arpdeplay.com](http://www.arpdeplay.com). (Class #16746)**

**October Highlights...****From Blue Lines to Zambonis:****Ice Hockey for the Beginner**

**Tues., October 4, 10 am - 11:30 am, Room E**  
 Join Ed Kallas, Recreation Services Specialist, to learn about equipment, how the game is played, and how the ice is prepared in this entertaining presentation. Ed officiated professionally, plays and has coached the sport over the course of 28 years. **Preregistration required, please call 747-7506.**

**October Highlights (continued)...**

**Radio in 1922: What the Boys & Girls Knew**  
Stations were licensed and children led the way, building their own radios and interesting their parents. Did children invent popular radio broadcasting in the U.S.? Join the California Historical Radio Society and find out on **Tuesday, October 4**, at 1:00 pm in Room D. **Preregistration required, please call 747-7506.**

**Beginning Ceramics**

Join Bonnie Boller, Instructor, on **Thursdays** beginning **October 6**, from 9:30 am to 12:00 in the Skill Center for an introduction to hand-building, throwing of clay pottery, and sculpture. This 10-week class is \$111 (\$30 supplies fee paid to instructor on first day of class). **Preregister online at [www.arpdeplay.com](http://www.arpdeplay.com) or in the Mastick Office. (Class #17214)**

**Chair Yoga (Class #17224)**

Join Darlene Cruz, Certified Yoga Instructor, for Chair Yoga on **Wednesdays (October 12 - November 16)** from 10:30 am to 11:45 am in the Social Hall. Cost: \$42. **Preregistration required. Register in the Mastick Office or online at [www.arpdeplay.com](http://www.arpdeplay.com).**

**Active Wellness (Class #17227)**

**Wed. (October 12 - December 21) at 9:00 am**  
Darlene Cruz, Certified Yoga Instructor, has designed a class to improve both physical and mental well-being that includes: strength training with hand weights, cardio exercise, stretching for physical fitness and breathing exercises. Join us in the Social Hall. Cost: \$42. **Preregistration required. Register in the Mastick Office or online at [www.arpdeplay.com](http://www.arpdeplay.com).**

**PoleWalking to Maintain Balance & Mobility**

Jayah Faye Paley, Instructor, returns on **Tuesday, October 18**, from 12:30 pm to 3:30 pm in Room D to teach PoleWalking! Highlights: Improve balance, strengthen core muscles, and reduce falling. The cost is \$28 for first time students/\$15 for returning students. **Preregistration required, please call 747-7506.**

**Aging with a Pet**

**Wednesday, October 19, 1:00 pm in Room D**  
FAAS representatives will discuss the benefits of aging with a pet. They will be accompanied by furry friends! **Preregistration required, please call 747-7506.**

**Yoga****Class #17247 (T) / Class #17250 (W)**

Rosemary McNally, Instructor, leads Yoga in Room A on **Tuesdays (October 25 - November 29)** from 10:30 am to 12:00 and **Wednesdays (October 26 - November 30)** from 9:00 am to 10:30 am. Improve flexibility and balance while reducing stress. These six-week sessions are \$42. **Preregistration required. Register in the Mastick Office or [www.arpdeplay.com](http://www.arpdeplay.com).**

**Funerals and Memorials Seminar**

Join Barbara Boag, Greer Family Mortuary and Cremation Services, on **Tuesday, October 25**, at 1:00 pm in Room D for an informative seminar on funeral services. Topics include: Value of Ceremony; Current Trends in Funeral Service; the Service; Costs; the Role of the Funeral Director; and a Q & A session. **Preregistration required, please call 747-7506.**

**Goblins Groove Halloween Dance**

Groove with us on **Thursday, October 27**, from 1:00 pm to 3:30 pm in the Mastick Social Hall! Costumes are a MUST! Come in your best costume for a chance to win awards. Friends welcome and refreshments included! Cost: \$2 per person.

**Trick or Treats at Mastick**

On **Monday, October 31**, at 12:00 in Dining Room I, join Mastick Staff and give out treats to our costumed-neighbors from the ABC Preschool.

"If you don't like something, change it. If you can't change it, change your attitude."

Dr. Maya Angelou

**November Highlights...****Heavenly Hair at 50!**

Hair changes as we mature. The amazing Brandon of Complements Salon will enchant us with demos and tips on how to care for aging hair. On **Tuesday, November 8**, at 1:00 pm, in Dining Room 2 learn about hair loss, hair color, extensions, wigs, and MORE! **Preregistration required, please call 747-7506.**

**Alexander Technique: Art of Breathing Well  
Tuesdays, Nov. 8 & 15, 2:00 pm, Room D**

Learn how applying Alexander Technique principles can help improve not only your breathing but also your health and overall functioning. Class cost is \$20. **Preregistration required. Register in the Mastick Office or online at [www.arpdeplay.com](http://www.arpdeplay.com).**

**Or travel local and abroad...****Extended Travel Program**

To register for one of the trips listed below, contact Ed Kallas, Recreations Services Specialist, at 747-7511 or [ekallas@alamedaca.gov](mailto:ekallas@alamedaca.gov).

**Sunny Portugal: March 17 - 26, 2017**

**Cost:** \$3,399 (Double); \$3799 (Single); \$3369 (Triple)

Highlights: Cascais, Lisbon, Jeronimo's Monastery, Fado Dinner Show, Sintra, Obidos, Fatima, Evora, Monsaraz, Alentejo Countryside Stay, Algarve, Sagres, Lagos, Faro, Cork Museum, Cooking Demonstration, Azeitao, and more!

**Southern Charm: April 30 - May 6, 2017**

**Cost:** \$2999 (Double); \$3799 (Single); \$2969 (Triple)

Highlights: Historic Charleston, Boone Hall Plantation, Savannah, Factors Walk, Jekyll Island, St. Simons Island, and St. Augustine

**Local Day Trip Program!**

1. Register online at [www.arpdeplay.com](http://www.arpdeplay.com). To create an online account, follow the prompts provided by the website and/or contact the ARPD Office at 747-7529.
2. Register in the Mastick Office, Monday through Friday, from 9:00 am to 3:00 pm.
3. Register for **ALL** trips advertised at once **OR** month by month.
4. To learn about our exciting **Extended Travel** opportunities, contact Ed Kallas, Senior Services Specialist, at 747-7511.

**Current travel opportunities include:****San Jose Museum of Quilts and Textiles  
(Class #16872)**

**Thursday, July 14, 10:00 am - 6:00 pm**

**Cost: \$55**

Visit the nexus for fiber artists, art lovers, collectors, quilters, and crafters who share a passion for fiber art. Afterward, stroll the Santana Row shops. Lunch included!

**Activity Level: Moderate Movers**

**Sacramento River Cats Baseball & Lunch  
(Class #16879)**

**Tuesday, August 2, 9:15 am - 4:00 pm**

**Cost: \$39**

Travel to Sacramento and see the Sacramento River Cats (SF Giants Triple A team) take on Salt Lake. While at the ballpark, enjoy a hot dog lunch!!

**Activity Level: Moderate Movers**

**Filoli Gardens  
(Class # 16878)**

**Tuesday, September 13, 8:45 am - 3:30 pm**

**Cost: \$60**

Enjoy a docent-led tour of the beautiful Filoli garden and house. The walking is at a casual pace as the docents talk about each area. Lunch is included.

**Activity Level: Strenuous Striders**

**Funding provided, in part, by Measures B/BB. Administered by Alameda County Transportation Commission (CTC).**