



MASTICK SENIOR CENTER

Making Connections • Staying Active • Living Well

November

Share Your Gratitude with Those Around YOU!

2017

Mastick Holiday Closures

Mastick Senior Center will be closed on the following dates:

Veteran's Day – Friday, November 10
Thanksgiving Holiday -Thursday, November 23
Friday, November 24
Saturday, November 25

Mastick Senior Center Advisory Board Fundraising Activities

The Mastick Senior Center Advisory Board (MSCAB) is the active administrative advisory committee for the Center. MSCAB members along with Center volunteers are instrumental in facilitating various fundraising programs to generate revenue to offset services and facility maintenance expenses.

Saturday Fundraising Bingo

(Open to the public, 18 years of age and older)

Doors open at 9:30 am/First game at 11:30 am

Note: The Bingo Program will not be held on Saturday, November 25, due to the Thanksgiving Holiday.

Thrift Shop (Open to the public)

Holiday decorations are on sale NOW!!

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

Note: The Thrift Shop will be closed on Tuesday, November 21 and Saturday, November 25.

Join the fun as a volunteer or participant!

Annual Thrift Shop Fashion Show & Luncheon

The Annual Thrift Shop Fashion Show & Spring Luncheon held on Thursday, September 21, netted over \$3,100 for Mastick programs. A special thank you is extended to the Thrift Shop volunteers, Alameda Rotarians, Mastick members, and the community for helping to make the event a SUCCESS!

Property Tax Postponement (PTP) Program

The State Controller's Property Tax Postponement (PTP) Program allows eligible homeowners who are seniors, blind, or have a disability to defer current-year property taxes on their principal residence. Qualified homeowners must meet several requirements, including but not limited to, having 40% equity in their home and an annual household income of \$35,500 or less. Annual reapplication is required to demonstrate continued eligibility. The 2017-18 application filling runs through February 10, 2018. Funds are limited and disbursed on a first-come, first-served basis. For more information, visit www.sco.ca.gov/ptp, call 800-952-5661, or email postponement@sco.ca.gov.

Technology Assistance

Tech Help with Jiten Patankar--FREE Mondays (by appointment only), 11:00 am - 12:00, Mastick Office

Jiten Patankar, Volunteer, provides one-on-one assistance with smart phones, iPads/tablets, and laptops. Bring your portable device(s)!

Teens Teaching Technology—FREE November 16, 4:00 pm - 5:00 pm

ARPD Teens will show you how to get the most out of your devices such as tablets, smart phones, and laptops. Bring your portable device(s)!

Portraits by Woodard

Joseph Woodard, Volunteer, takes **free** portrait photographs that make lovely gifts for Mastick members to share with friends and family. To schedule an appointment for **Thursday, November 2**, call 747-7506.

The Science Behind Yoga and Meditation

Decades ago, the world of modern medicine rarely considered yoga and meditation to be part of healthcare. But studies have shown their positive effects on health. Join Dr. Patel, Calyx Health, on **Thursday, November 2**, 1:00 pm in Room E, in reviewing the scientific evidence behind these practices and the physiological changes observed in the body. **Registration required, please call 747-7506.**

Music Appreciation with Glenn Fong

On **Thursday, November 2**, at 1:30 pm in DR 2, join Glenn Fong, Volunteer, for a piano/vocal presentation and discussion of songs from the Great American Songbook featuring the music of Jerome Kern and Harold Arlen.

Mastick Movie Schedule

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

Thursday, Nov. 2.....Beauty & the Beast
 Thursday, Nov.9.....The Hero
 Thursday, Nov. 16.....The Wizard of Lies
 Thursday, November 23.....**Center Closed**
 Thursday, November 30...Trapped in Paradise

38th Annual Alameda Holiday Boutique

On **November 4 & 5**, 10:00 am – 4:00 pm, at the Albert H. DeWitt O'Club (641 West Red Line Ave), shop for holiday gifts at this favorite Alameda event.

Daylight Saving Time Ends

Sunday, November 5, marks the ending of Daylight Saving Time. Remember to set clocks back one hour. This is also a good time to replace batteries in smoke and carbon monoxide detectors, remote controls, and other electronic devices. Also, consider rotating or assembling disaster supplies. **Used or unwanted batteries can be recycled in the Mastick Lobby.**

Mastick Book Club

On **Tuesday, November 7**, Book Club members will review the first half of "Truman" by David McCullough at 12:00 in Dining Room 2. The second half of "Truman" by David McCullough will be reviewed on December 5.

Yoga

Class #19276 (T) /Class #19279 (W)

Rosemary McNally, Instructor, leads Yoga in Room A on Tuesdays (**November 7 – December 12**) from 10:30 am to 12:00 or Wednesdays (**November 8 – December 13**) from 9:00 am to 10:30 am. Cost: \$42. **To register, visit www.arpdeplay.com or the Mastick Office.**

Scam Prevention Workshop

Tuesday, November 7, 1:00 pm, Room D

Join the East Bay Community Law Center for a scam prevention workshop. Learn about how to avoid falling victim to different kinds of scams. **To register, call 747-7506.**

Travel with Us!

Register for travel programs online at www.arpdeplay.com or in the Mastick Office. Learn about our Extended Travel opportunities, by contacting Ed Kallas, Recreation Supervisor I, at 747-7511.

Travel Presentation

On **Wednesday, November 8**, at 10:00 am in the Mastick Media Room, join staff for an overview of upcoming trips and a Premier World Discovery representative for a presentation on Great Lakes Adventure & the Holland Tulip Festival!

Current Monthly Day Trip offerings:

SF Symphony Open Rehearsal

Thursday, January 11, 8:30 am – 3:30 pm

Cost: \$65 (Register in person ONLY*)

Activity Level: Strenuous Striders (up to three blocks of walking at a time)

Peek behind-the-scenes and experience a SF Symphony performance in the making by Emanuel Ax. Then, enjoy lunch at The Beach Chalet.

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

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 services and a coupon for a complimentary lunch! **To reserve a spot on Thursday, November 9, at 10:30 am, call 747-7506.**

Spanish for Beginners (Class #19390)

On **Mondays (November 13 – December 18)**, 9:00 am – 10:00 am in DR 2, join Juanita Palkovic, Instructor, to learn Spanish in an interactive and relaxed atmosphere with a focus on listening, speaking, reading and writing. Designed for all skill levels. Cost: \$24. **To register, visit www.arpdeplay.com or the Mastick Office.**

Chair Yoga (Class #19267)

Join Darlene Cruz, Certified Yoga Instructor, on **Wednesdays (November 15 – December 20)** from 10:30 am to 11:45 am in the Social Hall. Cost: \$42. **To register, visit www.arpdeplay.com or the Mastick Office.**

**Alexander Technique: Sit, Stand and Move
Nov. 14 & 15, 1:30 pm – 3:00 pm, Rm D
Cost: \$30 (Class #19472)**

Learn about the Alexander Technique, a 120-year-old practical method that helps with habitual tensions that interfere with efficient posture and movement. This class will focus on exercises to improve balance. Instructor: Lenka Fejt, certified Alexander Technique Teacher, B.S. Exercise and Movement Sciences. **To register, visit www.arpdeplay.com or the Mastick Office.**

Lead Awareness Information

On **Wednesday, November 15**, 11:00 am – 1:00 pm in the Lobby, Soni Johnson, Alameda County Healthy Homes Department, will provide information on lead hazard control grants, safety, and poison prevention.

Birthday Party Celebration

We will be celebrating your BIRTHDAY on **Thursday, November 16 (note date change)**, at 12:30 pm in Dining Room 2! Enjoy cake and good cheer with friends!

Music Appreciation

Join William Sturm, Volunteer Instructor, on **Thursday, November 16 (note date change)** at 1:30 pm in Dining Room 2 for a "Musical Grab-Bag". Enjoy a review, discussion and performance of composers featured in the class during 2017. This will be the last class meeting for the year! See you in 2018!

Mastick's Lending Library

Thanks to your donations, our lending library is a wonderful resource within our community. We welcome members to take and enjoy books without the worry of a return date. We also appreciate book donations with copyright dates of 2007-2017, classics, author series (Sue Grafton, etc.) and current magazines (not older than three months).

Stained Glass & Mosaics

Learn to express in stained glass. Create in beautiful colors and textures for your first project. **To register, visit www.arpdeplay.com or the Mastick Office.**

Beginners

Mondays, November 20 – February 12,
9:00 am– 12:00

Cost: \$40 (Class #19375)

\$30 supply fee to the instructor at the first class

Beginners and Intermediate

Wednesdays, November 22 – February 14
12:00 – 3:00 pm

\$40 (Class #19374)

\$30 supply fee to the instructor at the first class

Annual Community Thanksgiving Feast

On **Thursday, November 23**, 11:00 a.m. – 2:00 p.m., Christ Episcopal Church (1700 Santa Clara Avenue) invites you to Thanksgiving Dinner. All welcome!

In December...**Alameda Sings! Holiday Concert – FREE**

On **Friday, December 1**, at 7:30 pm, Alameda Sings! (Alameda Community Chorus) under the direction of Kathryn Neale Manalo, will present holiday favorites at the Veteran's Building, 2203 Central Avenue. Open to the public. For more information, call 748-9087.

Holiday Tree Lighting, Caroling & MORE

Share in the fun at the Mayor's Holiday Tree Lighting Ceremony on **Saturday, December 2**, from 4:30 pm – 7:00 pm in front of City Hall, 2263 Santa Clara Avenue. Enjoy performances from community groups followed by the tree lighting ceremony and The Mistletoes' Rockin' Holiday Show.

Register for Winter Classes*

Effective **Monday, December 4**, members may begin registering for winter classes online at **www.alamedaca.gov/recreation** (look for the link on the webpage) or in the Mastick Office. Refer to the Mastick monthly newsletter or the ARPD Winter/Spring Activity Guide for individual class registration numbers. For assistance, call 747-7506.

Mastick Holiday Art Boutique

Tuesday, Dec. 5, 11:00 am – 2:00 pm

Shop for unique one-of-a-kind handcrafted gifts for friends and family in the Mastick Social Hall. Boutique items made by Mastick artists in classes offered at the Center.

Holiday Sing-Along

Thursday, Dec. 7, 10:00 am – 11:30 am

In the Media Room, join talented members of Alameda’s musical community and students of ABC Preschool as they lead you in song. The American Sign Language class will “sign” carols, then Santa will take a few moments from his busy toy-making schedule for a merry visit! Refreshments served.

Community Band Holiday Concert - FREE

On **Friday, December 8, at 7:30 pm**, the Alameda Community Band under the direction of Michael L. Wirgler, will present holiday favorites at the Veteran’s Building, 2203 Central Avenue. Open to the public. For more information, please call 510-530-0814.

American Sign Language (ASL)

Learn alphabetic and numeric fingerspelling, shapes, greetings, simple sentences and games with Sheila Holmes, Instructor, on **Mondays** beginning **December 11**, in Room D. The class cost is \$30. **To register, visit the Mastick Office or www.arpdisplay.com.**

Beginning (Class #5625): 12:00 to 1:00 pm
Continuing (Class #5626): 1:00 pm to 2:00 pm

Transportation 101

Tuesday, December 12, 1:00 pm, Room D

Join Victoria Williams, Paratransit Coordinator, for an overview of the various transportation options (East Bay Paratransit, Premium Taxi Program, FREE shuttle service and MORE) available to Alameda residents. Questions encouraged!

Mastick Senior Center

a division of Alameda Recreation & Parks
1155 Santa Clara Ave, Alameda, CA 94501
(510) 747-7500-Fax 523-4071-TDD/TTY 522-5160
Programs and services for adults 50 and older.
Program Information: www.mastickcenter.com
E-mail: jkrause@alamedaca.gov
ekallas@alamedaca.gov

Suggestion Box: MastickSuggestion@alamedaca.gov

Weekday Program Hours 8:30 am-4:00 pm
Office Hours: 9:00 am-3:00 pm

Alameda Recreation & Parks Director: Amy Wooldridge
Recreation Manager: Jackie Krause
Recreation Supervisor I: Ed Kallas

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

Mastick Senior Center Advisory Board (MSCAB)

Officers

Paul Hauser President
Mariel Thomas Vice President
Lorraine Meuleners Treasurer
Erna Simmons..... Corresponding Secretary
Robert Frank Recording Secretary

Directors

Vicki Bell, Lola Brown, Mary Foss, Nancy Gormley, Earleen Hamlin, Lisa Jasper, Bonnie Leber, Deanna Satterwhite, George Tarr, and Jerry Yarbrough.

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.

Jewelry Sale in the Mastick Lobby

Begin your holiday shopping on **Wednesday, December 13**, 10:00 am to 2:00 pm, in the Mastick Lobby!! The Mastick Thrift Shop will be selling gently used jewelry and MORE!

HICAP Services

HICAP provides free, unbiased Medicare counseling in Alameda County. Medicare’s Annual Enrollment Period runs from **Oct. 15-Dec. 7** and allows people to make changes in their Medicare plans for the following year. If you have experienced changes in your health or financial situation this is your opportunity to ensure your health care needs are being met. HICAP Counselors provide individual appointments to answer questions specific to each person’s situation.

City Launches Dock-Less Bike Share

The City launched a public dock-less bike share system, using LimeBike. Up to 300 bicycles will be placed throughout the city for people working, living, and shopping in Alameda. This flexible system will regularly redistribute bikes within town. The bikes are simple to unlock via a smart phone mobile application and cost just \$1.00, or 50 cents for students, for a 30-minute ride.