



Making Connections • Staying Active • Living Well

December

Happy Holidays!!!

2017

MSCAB Fundraising Activities

The Mastick Senior Center Advisory Board (MSCAB) along with Center volunteers are instrumental in initiating and facilitating various fundraising programs to generate revenue to offset services and facility maintenance expenses.

Join the fun as a volunteer or participant!

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

Schedule Change: Due to the holiday season, Bingo will be canceled on **Saturday, December 23**. Bingo will be offered on Saturday, December 30.

Thrift Shop (Open to the public)

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

Shop the half-off sale in December
(restrictions apply).

Schedule Change: The Thrift Shop will be closed **Tuesday, December 19**, through **Tuesday, January 2**, and will reopen on **Saturday, January 6**.

Mastick Holiday Schedule Changes

Mastick Senior Center's holiday hours are as follows:

Center Closure

Christmas Holiday: Monday, December 25

New Year's Holiday: Monday, January 1

We want to HEAR from you!

Share your suggestions with us by sending an email to masticksuggestion@alamedaca.gov or depositing a note in the Suggestion Box located in the Media Room or Social Hall. Thank you for sharing your thoughts with us!

Register with ACTIVENet

Effective **Monday, December 4**, members can begin registering on ARPD's new registration system, ACTIVENet. This system can be used on smartphones, laptops, tablets, etc. Staff is available to provide assistance as needed. We look forward to serving you with ACTIVENet.

MSCAB Scholarship Eligibility Requirement Effective January 1

members applying for the MSCAB Scholarship Program will need to certify that their income meets the low income limit set by HUD for our area. This will ensure that funding is available for members on a tight budget. This current change is a result of MSCAB's meeting on September 20, 2017. The MSCAB Scholarship Program is funded by their fundraising programs, Bingo and Thrift Shop, and created to help offset the cost of programs. It is made available to members once per quarter offsetting up to 50% (not to exceed \$50) of fees at a maximum of \$200 per year. For assistance, please visit the Mastick Office.

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.

Holiday Food Baskets and More

Help your neighbor by depositing non-perishable food items in the barrels located in the Lobby. For food assistance, contact the Alameda Food Bank at 1900 Thau Way or call 523-5850.

Alzheimer's Caregiver Support Group

The Alzheimer's Caregiver Support Group meets from 10:00 am to 11:30 am 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. Facilitated by the Alzheimer's Association.

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 Mistletones' 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. Choose from boutique items made by Mastick artists in classes offered at the Center.

Heal Your Heart

On **Tuesday, December 5**, 12:00 – 2:00 pm, Room E, join Helen Calhoun, Certified Acupressurist, to learn an easy-to-understand-and-follow routine for emotional healing of the heart center, which is the foundation for healing of body, mind and spirit. Based on Dr. Alexander Loyd's book, *The Healing Code*. Cost: \$20 (Class #19864)

Mastick Book Club

On **Tuesday, December 5**, Book Club members will review "Truman" (second half of book) by David McCullough at 12:00 in Dining Room 2. "Elephant Whisperer" by Lawrence Anthony will be reviewed on January 3. If you have any questions, please contact the Mastick Office at 747-7506.

Mastick Movie Schedule

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

December 7.....The Shack
December 14.....Sleepless in Seattle
December 21.....How to be a Latin Lover
Dec. 28.....Ghost

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. All welcome.

Music Appreciation with Glenn Fong

On **Thursday, December 7**, at 1:30 pm in Dining Room 2, join Glenn Fong, Volunteer, for a piano/vocal presentation and discussion of songs from the Great American Songbook in celebration of the winter holidays.

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 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. **Register at www.alamedaca.gov/recreation (look for the link on the webpage) or the Mastick Office.**

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 available to Alameda residents. Questions encouraged! **To register, call 747-7506.**

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!

New Member Orientation & YOU!

The New Member Orientation is a must if you are new to Alameda, recently retired, or wanting to learn more about Mastick programs! Make a reservation to join us on **Thursday, December 14**, at 10:30 am by calling 747-7506.

Ukulele Jam

Thursday, Dec. 14, 1:30 pm – 2:30 pm, DR 2

Join Dolly Fong and friends as they jam on a number of fun instruments. Sing along or listen and enjoy. Song sheets provided. **To register, call 747-7506.**

Yoga

Rosemary McNally, Instructor, will offer drop-in Yoga on **Tuesday, December 19**, 10:30 am – 12:00 and **Wednesday, December 20**, 9:00 am – 10:30 am. The cost is \$7 per class. No registration required. Pay instructor prior to instruction.

Birthday Party Celebration

Celebrate your special day on **Thursday, December 28**, at 12:30 pm in Dining Room 2. Enjoy cake, music, and good cheer with friends!

In January 2018...

Fitness Fun on Bay Farm Island!

Thanks to Alameda Elders Services, we are now offering fitness programs on Bay Farm Island. The classes listed below are available at the **Water's Edge Lodge Multi-Purpose Room, 801 Island Drive, Alameda.** To register, visit www.arpdeplay.com or the Mastick Office. For more information, contact the Mastick Office at 747-7506.

Train Your Brain.....\$28
Tues./Thurs. (1/2 – 2/1).....11:00 am- 12:00
(Class #5706)

Using exercises from common cognition tests such as the SLUMS, Mini-Mental, and BCAT this class is designed to challenge memory and prevent or reverse Mild Cognitive Impairment. Strategies will be given for those who are already experiencing changes in memory and discussions will be had about what is a normal part of aging and what is cause for concern.

Thriving With Parkinson's.....\$83
Tues./Thurs. (2/6 – 3/29).....3:00 pm-4:00 pm
(Class #5697)

A comprehensive approach to combat the progression of Parkinson's symptoms based on principles from Physical, Occupational, and Speech Therapy and concepts of speed and amplitude from LSVT. Address postural and balance changes, mood and cognition, swallowing and speech, and tremors.

Get Balanced.....\$123
Mon./Wed. (2/22 – 4/11)....3:00 pm – 4:00 pm
(Class #5705)

Created by a team of physical therapists, this class is proven to prevent falls. Participants are tested before and after to track and celebrate changes. Teaches exercises for vision and vestibular systems, strength, flexibility, proprioception, and quick reflexes. Will practice the "After A Fall Recovery Sequence" and progress from mostly seated to mostly standing.

In Memory...

Mary J. Lilley

Our condolences to family and friends.

Creative Writing

Learn the art and craft of writing—making art with words. Enjoy weekly writing assignments, discussions, and in-class writing exercises. The class meets on **Tuesdays, beginning January 2**, 10:00 am - 1:00 pm in the Media Room. Cost: \$125 per month. **Register at www.alamedaca.gov/recreation (look for the link on the webpage) or the Mastick Office.**

The Fundamental Art of Beading Jewelry I

Join Lee Daguman, Volunteer Instructor, on **Thursdays, January 4, 11, 18, and 25**, 1:30 pm – 3:30 pm in Room D, for this beginning class on creating beautiful jewelry. **Registration required**, visit the Mastick Office to register and for supplies list. Prerequisite: Participants bring supplies and have basic wire wrap skills.

Fitness with Julie Manown

Jan. 8- May 11, 9:00 - 10:30 am, Social Hall
Julie Manown, Instructor, leads fitness instruction on Mondays and Fridays. Refer to the flier for special offers and class combinations!! **Register at www.alamedaca.gov/recreation (look for the link on the webpage) or the Mastick Office.**

Spanish for Beginners (Class #5250)

On **Mondays (January 8 – March 12)** 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: \$35. **Register at www.alamedaca.gov/recreation (look for the link on the webpage) or the Mastick Office.**

Spanish Conversation (Intermediate Level)

Join Mirtha Ninayahuar, Instructor, on **Mondays (January 8 – April 2)**, 10:00 am - 12:00 in DR 2, for interactive role play, reading, and music. Cost: \$43. **Registration required, visit www.arpdeplay.com or the Mastick Office. (Class #5249)**

Quilting with Kathleen Fennelly

Kathleen Fennelly, Instructor, offers a quilting class that is enjoyable for new and experienced quilters. **Register at www.alamedaca.gov/recreation (look for the link on the webpage) or the Mastick Office.**

Mondays: January 8 - March 19

Cost: \$39 (eight classes)

(Class #5210) 9:30 am to 11:30 am

(Class #5212) 1:00 pm to 3:00 pm

Thursdays: January 11 - March 22

Cost: \$43 (10 classes)

(Class #5220) 9:30 am to 11:30 am

(Class #5222) 1:00 pm to 3:00 pm

Drawing and Painting Class

Class #5177 (M) or Class #5181 (F)

Join Mi'Chelle Fredrick, Instructor, on **Mondays (beginning January 8)** from 12:30 pm to 3:30 pm or **Fridays (January 12)** 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 \$73, plus materials expenses. **Register at www.alamedaca.gov/recreation (look for the link on the webpage) or the Mastick Office.**

Yoga

Class #5326 (T) /Class #5332 (W)

Rosemary McNally, Instructor, leads Yoga in Room A on Tuesdays (**January 9 – February 13**) from 10:30 am to 12:00 or Wednesdays (**January 10 – February 14**) from 9:00 am to 10:30 am. Cost: \$45. **Register at www.alamedaca.gov/recreation (look for the link on the webpage) or the Mastick Office.**

Fitness with Tatiana Stollman

Jan. 10 - May 2, 9:00 - 10:00 am, Social Hall
Cost: \$63 (Class #5046)

Tatiana Stollman, Instructor, leads fitness instruction on Wednesdays. Refer to the flier for details. **Register at www.alamedaca.gov/recreation (look for the link on the webpage) or the Mastick Office.**

AARP Smart Driver Refresher Course

The **refresher** course is designed for individuals that have taken the standard course within the last four years and is offered on **Wednesday, January 10**, 9:00 am – 1:30 pm. The fee is \$15 for AARP members (membership number required) and \$20 for non-AARP members. AARP requires **advance registration** and payment by check. To register, please visit the Mastick Office.

Chair Yoga (Class #5000)

On **Wednesdays (January 10 – February 28)** 10:30 am to 11:45 am, Social Hall, enjoy the benefits of Yoga (flexibility, relations, and stress reduction) from the safety and stability of a chair. Cost: \$59. **Register at www.alamedaca.gov/recreation (look for the link on the webpage) or the Mastick Office.**

Beginning/Advanced Ceramics

Thurs. (Jan. 11 - March 15), Skill Center

Join Bonnie Boller, Instructor, to learn hand-building, sculpture and throwing on the potter's wheel. Class fee is \$114. A supply fee of \$30 is due to the instructor on the first day of class. **Register at www.alamedaca.gov/recreation or the Mastick Office.**

Beginning (**Class # 5024**): 9:30 am - 12:00

Advanced (**Class # 5038**): 12:30 pm - 3:00 pm

Mastick Outdoor Exercise Equipment Clinic

Thursday, Jan. 11, 11:00 am, Courtyard

Learn creative and efficient ways to use the outdoor fitness equipment.

Qigong with Robert Dorsett

Tues., Jan. 16 – Feb. 20, 9:00 am-10:00 am

Room A ~ Cost: \$52 (Class #5658)

Qigong is an ancient discipline used for the purpose of enhancing the mind, body and spirit. **Register at www.alamedaca.gov/ or the Mastick Office.**

US Citizenship Preparation/ESL

Tues., Jan. 16 – March 6, 10:00 am – 12:00

Room D ~ Cost: \$23 (Class #5032)

Prepare for the US Citizenship examination with Dolly Fong, Instructor.

Register at www.alamedaca.gov/recreation (look for the link on the webpage) or the Mastick Office.

Local Day Trip Program!

Register at www.alamedaca.gov/recreation (look for the link on the webpage) or in the Mastick Office, Monday - Friday from 9:00 am - 3:00 pm. For more information or to learn about Extended Travel opportunities, contact Ed Kallas, RS I, at ekallas@alamedaca.gov or 747-7511.

Current travel opportunities include:**SF Symphony Open Rehearsal**

January 11, 8:30 am – 3:30 pm

Cost: \$68 (Class #5325)

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.

San Jose: The Tech Museum & Santana Row

February 13, 8:30 am – 4:30 pm

Cost: \$78 (Class #5538)

Activity Level: Challenging Chargers (up to one hour of walking on an uneven surface)

Enjoy worry-free travel to San Jose, shopping at Santana Row, lunch at the Yard House Restaurant and a visit to the Tech Museum of Innovation which includes entry to their IMAX theater experience.

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

Book Reading with Donna Marie Ferro

Tuesday, January 16, 1:00 pm, DR 2

Join local author as she reads from her book, "Italy, the Embracing Circle: Il Circolo". She will guide readers around the beautiful country via her observations and personal stories.

LGBT Peer Support Group

Ken Werner, trained peer facilitator from the Pacific Center for Human Growth, offers an LGBT Peer Support Group for individuals age 50 and older on the third Thursday of the month (**Thursday, January 18**), 10:30 am to 11:30 am in Room D. The Pacific Center is a non-profit organization serving the LGBTQ community of the East Bay. All welcome!

Annual Rose Pruning--FREE

Saturday, January 20, 10:30 am - 12:00

Lincoln Park (1450 High Street)

East Bay Rose Society representatives will provide a rose pruning demonstration. After the demonstration, learn to prune roses like a pro by practicing on the roses at Lincoln Park.

Local Trip & Extended Travel Presentation

Monday, January 22, 10:00 am, Media Room

Get two for one... Ed Kallas, Recreation Supervisor I, will review upcoming local trips. Then, Jay Fehan, Collette Tours, will provide an overview of extended travel opportunities including Discover South Dakota, Islands of New England and MORE!

Holocaust Survivor and WWII Veteran

Tuesday, January 23, 1:00 pm, Room D

Arthur Weil, B.A., M.A. in History, served in the U.S. Army during WW II, experienced the London Buzzbomb Raids in '44 – '45, served in France and Belgium as a member of the combat engineers, feeding 10 million people, and acted as an interpreter for 400,000 German prisoners of war. Join us to learn more about his interesting life. **Registration required, please call 747-7506.**

Diabetes Support Group

If you or someone you love has diabetes, consider joining the Diabetes Support Group, provided by the Alameda County Public Health Department Diabetes Program, held from 1:00 pm – 3:00 pm in Room D on the fourth Wednesday of alternating months (**January 24**). For more information, call 383-5185.

East Bay Regional Park District--FREE

The History of Del Valle Regional Park

Thursday, January 25, 9:00 am - 2:00 pm

This excursion into one of East Bay Regional's parks will include hiking and nature study. Pack a lunch and enjoy a picnic in the park. Register by calling 747-7506.

Calling All Mastick Artists!!!

Mastick members enrolled in classes offered at the Center are encouraged to participate in our next Multimedia Art Exhibit (Wednesday, February 14). Artwork Submission Forms are **NOW** available in the Mastick Office. **Submit completed forms with your artwork to the Mastick Office by Monday, January 29.**

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.

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.

Mastick Supporters...

Mastick Senior Center has provided quality programs for over 37 years. Consider supporting Mastick Senior Center by remembering us in your estate. All donations are used for Mastick programs or facility maintenance. Contributions can be made payable to the City of Alameda, for the benefit of the Mastick Senior Center.

During month of November, the following individuals made in-kind or monetary donations to the Center. We extend a special thank you to the following members:

Valerie Broadbent, Mahera Carim, Virginia Carney, Francis Chew, Pam Ivie, Pat Lamborn, Bonnie Leber, Millie Lum, Paul Scherer (in honor of Millie Lum's exceptional customer care), Michael Shultz, Thomas Shultz, Kristine Watson, as well as the anonymous donors.