



Making Connections • Staying Active • Living Well

March

Visit us at www.mastickcenter.com

2017

MSCAB 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.

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

Thrift Shop (Open to the public)

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

Is Your Membership Current?

Individuals participating in programs offered at Mastick Senior Center are required to be members of the Center. For this period (FY 16-17), members should possess a TURQUOISE membership card. Membership is free and available to individuals 50 years of age and older. Members are required to show their membership card when registering for classes or upon request by staff or instructors. **Registration forms are available in the Mastick Lobby.** Thank you for registering today!

Have You Had Lunch at Mastick Lately?

Why cook when you can enjoy a delicious lunch prepared by Spectrum Community Services! Lunch is served Monday through Friday at 12:00 in Dining Room I. This meal is available to individuals 60+ years of age for a suggested **donation** of \$3.75. Reservations are required and can be made Monday through Thursday, 11:15 am to 12:00 in Dining Room I or by calling 747-7503.

Free Tax Preparation Services @ Mastick

AARP Tax Assistance Program volunteers are providing *free* tax preparation services to low and middle income individuals with special attention to those 60 and older. To schedule an appointment, please call **747-7501** or visit the Mastick Lobby between 9:00 am and 3:30 pm. ***If you are uncertain whether you need to file a tax return, a tax volunteer is available to assist you on Mondays from 1:00 pm to 2:00 pm in Room E. This program is sponsored by AARP, IRS, Franchise Tax Board and the MSCAB.***

Health Insurance Counseling Advocacy Program (HICAP) and Legal Assistance for Seniors (LAS) Workshops

HICAP and LAS provide **free** community education presentations to Alameda County residents. Presentations are held in Room D at 1:00 pm.

Tuesday, March 14 - Advance Health Care Directives

Tuesday, March 28 - Seniors' Guide to Public Benefits

Tuesday, April 4 - Keeping Elders Safe: An Overview of Elder Abuse

Tuesday, April 18 - Citizenship for Seniors: A Step-by-Step Workshop to Naturalization

Tuesday, May 2 - Consumer Fraud: Scams Targeting Seniors and Tips for Protection and Prevention

Preregistration is required. To register, please call 747-7506 or visit the Mastick Office.

Music Appreciation with Glenn Fong

On **Thursday, March 2**, at 1:30 pm in DR 2, join Glenn Fong, Volunteer, for a piano/vocal presentation and discussion of music by Harold Arlen, Richard Rogers and Harry Warren from the Great American Songbook.

Computer Classes

Computer instruction is offered from 1:30 pm - 3:30 pm in Room C. **Preregistration required, visit www.arpdeplay.com or the Mastick Office.** Prerequisite: Experience with Windows OS. **Flash drive required.**

Windows 10

Wednesdays, March 1, 8, 15, 22 & 29

Cost: \$50 (Class #17725)

Explore features of the Windows 10 OS including the Start Menu, Screen Tiles, Modern Metro apps, Cortana and File Manager.

Travel

Mondays, March 6, 13, 20 & 27

Cost: \$40 (Class #17724)

Learn to research, plan, and book travel by using the Internet. Benefit from cost comparisons, hidden opportunities and deals all at your fingertips!

Microsoft Word

Mondays, April 3, 10, 17 & 24

Cost: \$40 (Class #17726)

This class will introduce the fundamentals of MS Word as well as the special features of MS Word 2010.

Microsoft Publisher

Wednesdays, April 5, 12, 19 & 26

Cost: \$40 (Class #17727)

Learn to create fliers, greeting cards, business card, calendars, brochures, and even mini-books.

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:

March 2.....The Dressmaker
 March 9.....The Girl on the Train
 March 16.....The Infiltrator
 March 23.....The Big Hangover
 March 30.....Snowden

Mastick Book Club

On **Tuesday, March 7**, at 12:00 in Dining Room 2, Book Club members will review "The Immortal Life of Henrietta Lacks" by Rebecca Skloot. On April 4, "My Brilliant Friend: Neapolitan Novels, Book One" by Elena Ferrante will be reviewed.

Alexander Technique - The Art of Balance
Tues/Wed, March 7 & 8, 1:00–2:30 pm, Rm D
Cost: \$20 (CLASS #17731)

Lenka Fejt, certified Alexander Technique Instructor, B.S. Exercise and Movement Sciences, will help you to improve your balance and ultimately increase your stability and mobility. **Preregistration required, in the Mastick Office or at www.arpdeplay.com.**

Introduction to Qigong with Robert Dorsett
Tues., March 7-April 11, 9:00 am-10:00 am
Room A ~ Cost: \$49 (CLASS #18741)

Qigong is an ancient discipline used for the purpose of enhancing the mind, body and spirit in an effort to improve health, balance emotions, and slow down the aging process. The focus is on correct posture and movement, proper breathing and guided intention. **Preregistration required, in the Mastick Office or at www.arpdeplay.com.**

NEW--On the Water with Joe Stack--FREE
 On **Wednesday, March 8**, 10:00 am in Room D, join Joe Stack, owner of *Stacked Adventures*, for a fun and informative talk about kayaking. Learn the fundamentals, equipment required, and what to expect. **Pre-registration required, please call 747-7506.**

Chair Yoga (Class #17781)

Join Darlene Cruz, Certified Yoga Instructor, for Chair Yoga on **Wednesdays (March 8 - April 12)** from 10:30 am to 11:45 am in the Social Hall. Cost: \$42. **Preregistration required, in the Mastick Office or online at www.arpdeplay.com.**

Mastick Outdoor Exercise Equipment Clinic
Friday, March 10, 12:00, Courtyard

Learn creative and efficient ways to use Mastick's outdoor fitness equipment. No need to preregister! Join us.

New Member Orientation

The New Member Orientation is a MUST and 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! Join us on **Thursday, March 9**, at 10:30 am in the Media Room. **Preregistration required, please call 747-7506.**

Spring Forward in March!

Daylight Saving Time arrives on **Sunday, March 12**, and serves as a reminder to set clocks ahead one hour. This is a reminder to replace batteries in smoke/carbon monoxide detectors, remote controls, and other electronic devices.

Deep Sound Meditation

**Tues. March 14 - April 4, 1:00 pm-2:00 pm
Social Hall, Cost: \$60 (Class #17758)**

Join Helen Calhoun, Instructor, and engage in various forms of meditation to reach deep levels of peacefulness and relaxation. **Preregistration required, in the Mastick Office or at www.arpdeplay.com.**

Pickleball for Ages 50+ (Class #17666)

**Wednesdays, March 15 - April 19
6:00 pm - 7:30 pm, Cost: \$18**

Lincoln Park, 1450 High Street

Pickleball, combining the fun of Ping-Pong and Tennis, is the fastest growing, senior-friendly sport in America. The format is drop-in, games played to 11, honor-system, self-referee, and play for fun. Equipment available. **Preregistration required, in the Mastick Office or at www.arpdeplay.com.**

Mental Floss

Wednesday, March 15, 1:00 pm, DR 2

Let's clean out the spaces between our brain cells and clean the path for healthy living. An Alameda Family Services Counselor will inspire us to continue improving our mental health. Sponsored by Elders Village and AEC Living. **To register, please call 747-7506.**

In Memory...

Peggy Jawad, Georgia McCall &
Betty Sanderson

Our condolences to family and friends.

VA Benefits Presentation

Thursday, March 16, 1:00 pm, DR 2

A representative with the County of Alameda Veterans Service Office will provide an overview of local, state and federal benefits available to veterans and their dependents. Be sure to bring your questions! **Preregistration required, please call 747-7506.**

Teens Teaching Technology--FREE

On **Thursday, March 16**, 4:00 pm - 5:00 pm in Room C (Computer Lab), ARPD Teens will assist and familiarize individuals with personal portable devices such as tablets, smart phones and laptops. Bring your portable device(s) with you. **Preregistration required, please call 747-7506.**

English as a Second Language (ESL)

Dolly Fong, Instructor, provides ESL instruction on **Tuesdays** beginning **March 21**, from 10:00 am to 12:00 in Room D (**Class #17751**). The class cost is \$20. **Preregistration required, please visit the Mastick Office or www.arpdeplay.com.**

Demystifying Death:

**Connecting Heaven and Earth--NEW
Wednesday, March 22, 1:00 pm, DR 2**

Join Maria Arzayus, Workshop Facilitator, to explore your eternal nature. Examine new perspectives on what happens when people die. Develop tools to cope with grief when loved ones pass on. Discuss whether there is "life" after death. **Preregistration required, please call 747-7506.**

Birthday Celebration

Celebrating a birthday in March? Join us on **Thursday, March 23**, at 12:30 pm in Dining Room 2 for cake and good cheer!

Music Appreciation Class—FREE!

Join William Sturm, Volunteer Instructor, on **Thursday, March 23** at 1:30 pm in Dining Room 2, for a piano recital and discussion featuring music by Germaine Tailleferre a prominent and well-loved female French composer.

USA Pickleball Clinic - FREE

On **Saturday, March 25**, 10:30 am at Lincoln Park (1450 High Street), develop your serving, volleying and strategic skills with USA Pickleball Instructor, Steve Sutton. This clinic is designed for intermediate players. Register in the Mastick office or by calling 510-747-7511.

American Sign Language (ASL)

Learn alphabetic and numeric fingerspelling, shapes, greetings, simple sentences and games with Sheila Holmes, Instructor, on **Mondays** beginning **March 27**, in Room D. Class cost: \$30. **Preregistration required**, for the following classes:

Beginning (**Class #17767**): 12:00 pm - 1:00 pm
Continuing (**Class #17770**): 1:00 pm - 2:00 pm

**Alameda Development and Architecture
Tuesdays/Thursdays, March 28, 30; April 4,
6, 11, 13, 18, 20, 25, 27, May 2, and 4,
10:00 am - 11:00 am**

Location: Please refer to class flier

Taught by Judith Lynch, local author, teacher, and former member of the Alameda Historical Advisory Board. Learn about the many interesting facets of the historical development and architecture of Alameda via slide shows, classroom discussions and walking-talks in the community. The format consists of six classroom slideshows and discussion at Mastick Senior Center and six neighborhood walks.

Discover Baseball All Over Again

Thursday, March 30, 1:00 pm, Room E

Join Ed Kallas, Recreation Services Specialist, to discover interesting facts about baseball. Share your lifetime of baseball memories with the group. **Preregistration required, please call 747-7506.**

Yoga: T (Class #17760)/ W (Class #17765)

Rosemary McNally, Instructor, leads Yoga in Room A on **Tuesdays (April 4 - May 9)** from 10:30 am to 12:00 and **Wednesdays (April 5 - May 4)** from 9:00 am to 10:30 am. Yoga is a mind and body discipline designed to increase flexibility and balance. Enjoy stress reduction and relaxation. Each six-week session is \$42. Register at www.arpdeplay.com.

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 Woodriddle

Recreation Manager: Jackie Krause

Recreation Services Specialist: 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
- Nancy Gormley Corresponding Secretary
- Lola Brown Recording Secretary

Directors

Marilyn Appezzato, Ginny Carney, Mary Foss, Earleen Hamlin, Bonnie Leber, Ron Limoges, Deanna Satterwhite, Bill Soares, and George Tarr.

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.

Travel with Us!

Register online at www.arpdeplay.com 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, RSS, at 747-7511 or ekallas@alamedaca.gov.

Current Monthly Day Trip offerings:

Carmel and the Monterey Zoo

Class #18462

Tuesday, May 16, 7:30 am – 6:00 pm

Cost: \$30.00 (Lunch on your own)

Activity Level: Strenuous Striders (May walk up to four blocks at a time)

Enjoy a tour of the Monterey Zoo. Then, spend a few hours enjoying shops and studios in Carmel.

Marin Civic Center/Contemporary Art Museum

Class #18027

Wednesday, April 19, 8:30 am - 4:00 pm

Cost: \$50 (Lunch included!)

Activity Level: Strenuous Striders (May walk up to four blocks at a time.)

Enjoy a day of art and architecture!

Funding provided, in part, by Measures B/BB.

A Special Thank You to Our Members

The Mastick Senior Center Advisory Board (MSCAB) and staff are always amazed by the generosity and continued support of our members. In response to the MSCAB's recent fundraising campaign, donations of \$16,663 were received. Revenue generated helps to fund programs (Scholarship Program, Cal State East Bay OLLI, coffee, books, subscriptions, etc.) and facility maintenance projects (dry rot and stucco repair, exterior building painting, flooring replacement) initiated and funded by the MSCAB. Thank you for your continued support and for making Mastick Senior Center a home away from home within our community.

The following individuals participated in our recent fundraising campaign:

Carolyn Abrahams	Elizabeth Dere	Martha Diaz Hernandez
Leo Allamanno	Frank Derris	Jovita Herrera
Anonymous	Dorrton Dessling	Suzanne Hitomi
Anonymous	Monica Devens	Agnes Ho
Lucille Bailey	Alice Dockter	Joe Houghton
James Barry	Marilyn Dodge	George Humphreys
Garret Beller	Roger Dong	Diana Huntley
K. Berquist	Muon Duong	Shirley Hunziker
Ernestine Bianchi	Ruth Durgess	William and Rosella Jackson
Joyce Blamire	Joan Dykema	Sumi Jennings
Chris Boddum	Martha F. Everett	Precilla Jones
Malyon Booth (Mali)	Selina Faulhaber	Virginia Jones
Juelle-Ann Boyer	John Fenstermacher	Ann Juell
Dorothy Brandt	Lydia Fernandez	Robina Kaer
William Briers	Jeff and Ellen Ferris	Dr. and Mrs. Robert Kaplan
Joanne Broadbent	Emil and Jean Firpo	Julie Kennedy
Joanne Brown	Gerald Flynn	Barbara Kennedy-Dalder
Browning's Automotive	Noel and Cathy Folsom	Robert and Ann Kenyon
Chuck Birkholm	Candice Fong	Marceline Yan Kieou
Pat and Marty Butensky	Virginia Forbes	Louise and Katherine Koepf
Davaadorj Byambaa	I.A. Fraser	John Kofranek
Sue Canfield	Susan Freeman	Herbert Kong
The Carloni's	Carol Fritz	Thomas and Donna Krysiak
Bruce and Cara Carnes	Susan and George Fitzgerald	Patricia Lamborn
Dave and Victoria Case	George and Judy Furuichi	Rose and Danial Lee
Betty Chang	Mario and Albina Galetto	Fay Lee
Lois Chase	Patricia Gannon	Alson and Lillian Lee
Glen and Ellen Chesnut	Marlene Getz	Gloria Lemmon
Frances Chew	Marilyn Goldberg	Jeanne Ley
Grace Chin	Helen Greenwood	Mary Lilley
Harris Chin	Mr. and Mrs. Frank Gutierrez	Donald Lim
Beverly Church	Lucy Gutierrez	Melvin Lim
Francis Clasby Jr	Jim Hager	Gretchen Lipow
Donald and Sigrun Clausniter	Herminia Hale	David Louie
Shirley Conner	Earleen Hamlin	R. John and Kathleen Macy
Gail Coslow	Robert Hammond	Takako Mainaga
Karen Coulter	Keiko Harvey	Dorothy Mallia
Maria Dalisay	Yoko Hashimoto	Angelina Marbella
Brenda Patten Davis	Paul and Susan Hauser	Kazuko Matsuda
Claudia Davison	Marcia Hawkins	Cleo Mayer

Guy Mayes
John and Karen McCahan
Barbara Mc Connell
Charles and Lynn McGavin
Jim McGrogan
Peggy Meeng
Edward Melaika
Kathleen Mentch
Irma Mesterhazy
Mary Mitsuda
Lula Mobley
Bernice (Bunny) Moeller
Helen Mohr
Paul Morgan
Mieko Moulton
Wendy Muchmore
May Nee
Norma Nocera
The Norris Family
Neita Novo
L. Nunes
Judy Oda
Jan Ohlssen
Resela Ong
Betsy Orr
Karin Ostrom
David Pang
Beth Pao
Jean Parrington
Elizabeth Parshall
Keiko Okano Pederson
Mary Jude Peterson
Robert and Rochelle Pola
Joy Pratt
Carolyn Queener
Irene Rakochy
Alice Ray
Lawrence A. Reh
Mary Ricafort
Dianne Richmond
Virginia Rivera
Janet Roberts
Patricia Robertson
David Ross
Marcia Ross
Constancio Sacatropes
Joel Saldinger
Joyce Salinas
Virginia Samuel
Laura Sanchez
John Schuitema
Lavinia Schwarz

Mary Irene Scott
Grant Scully
Sorraya Shahin
Joseph Shahpar
Kimiko Shannon
Marilyn Sharron
Jane Shawn
Cathy Sherman
Linda Skare
Marilyn Slay-Schmidt
Jim and Leslie Sorenson
George Spott
Suzanne Svendsen
Lola Szeto
Mary R. Tarpley
Stephen Taylor
Joyce Terao
Jim Thomas
Mitsuye Tobase
Philip Tribuzio
Zhanetta Vaysman
Jack and Terry Veasy
Siuyu Wai
Geraldine Warner
Penelope Washbourn
Donna Wentzel
Kenneth Werner
Virginia Wetherill
S.R. Whisenant
Barbara Wildman
Pam Williams
Alicia Williamson
Curtis Willis
Frances Winberg
Jean Wolslegel
Mae Wong
June Wong
Niaz Yosofzay
Carol Young
Chung and Sarah Yuen
Amy Yui