



Making Connections • Staying Active • Living Well

April

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)

Tuesdays & Saturdays... 10:00 am to 2:00 pm

MSCAB General Membership Meeting

On **Wednesday, April 19**, the MSCAB will hold the Annual General Membership meeting at 9:30 am in Room D. At this meeting, members will vote on the budget for FY 2017-18 approved on November 16, 2016, and the slate of candidates approved on March 15 by the MSCAB. **All members are welcome to attend!** The proposed slate of candidates is as follows:

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

Director (2017-18): Vicki Bell

Directors (2017-19): Lola Brown, Nancy Gormley, Lisa Jasper, Deanna Satterwhite, and George Tarr.

Mastick Book Club

On **April 4**, at 12:00 in Dining Room 2, Book Club members will review "My Brilliant Friend: Neapolitan Novels, Book One" by Rebecca Skloot. On May 2, the club will review "The Sea" by John Banville.

Volunteers Make Us Shine!

Have you ever stopped to imagine a world without volunteers? Would the service even exist without their assistance? Alameda's unique island geography is a conduit for fostering volunteers and volunteerism. In 1980, Mastick Senior Center was founded on this commitment to volunteerism. Currently, over 200 men and women band together and provide service six-days per week to the community, specifically the senior community and their families. Through volunteer efforts, an array of services are provided, revenue is generated through fundraising programs, building improvements are implemented, and a "home away from home" is created for those we serve. Their accomplishments are no small feat and Mastick Senior Center would simply be a shell of its existence without our dedicated, talented, patient, and wise **VOLUNTEERS!** Each day you receive service, especially the week of April 23- 29, recognize the person assisting you and thank them for their volunteerism. On Thursday, April 13, the Mastick Senior Center Advisory Board will host a luncheon to celebrate Mastick volunteers for their outstanding contribution of over 25,000 hours served during 2016. Mastick volunteers enrich the lives for those we serve while strengthening the community in which we live. We salute you!

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. **Registration required. To register, visit www.arpdeploy.com or the Mastick Office.**

Computer Classes

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

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 cards, calendars, brochures, and even mini-books.

Microsoft Word 2

Mondays, May 1, 8, 15 & 22

Cost: \$40 (Class # 17729)

This course is a follow-up to MS Word 1. The class will introduce MS Word advanced features: columns, tables, quick parts and diagrams.

Social Networking

Wednesday, May 3, 10, 17, 24 & 31

Cost: \$50 (Class #17728)

This class will explore some of the most popular social media sites.

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, 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

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

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:

- April 6.....Hacksaw Ridge
- April 13.....The Accountant
- April 20.....Deepwater Horizon
- April 27.....American Graffiti

The Art of Ceramics

Thurs. (April 6 - June 8), Skill Center

Join Bonnie Boller, Instructor, to learn hand-building, sculpture and throwing on the potter's wheel. Cost: \$111, plus a supply fee of \$30. **Registration required. To register, visit www.arpdeplay.com or the Mastick Office.**

Beginning (Class # 17736): 9:30 am - 12:00
Intermediate (Class # 17738): 12:30 pm - 3:00 pm

Covered California Presentation

On **Tuesday, April 11**, 1:00 pm in Room D, Maria Lucia Leon, Covered California Enrollment Counselor and MSW Intern, Alameda Family Services Family Support Center, will be presenting information on how to enroll for Medi-Cal and Private Health Insurance Plans through Covered California. Learn what plans are available through Covered California, who can qualify for financial assistance, and where to go to get help to apply. **Registration required, please call 747-7506.**

Transportation 101

On **Wednesday, April 12** at 1:00 pm in Room D, Victoria Williams, Paratransit Coordinator, will provide an overview of the various transportation options (East Bay Paratransit, Premium Taxi Program, FREE shuttle service, and MORE) available to Alameda residents. Bring your questions! **Registration required, please call 747-7506.**

Drawing and Painting Class

Join Mi'Chelle Fredrick, Instructor, on **Fridays (Class #17742)** beginning **April 14** 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. **Register online at www.arpdeplay.com or in the Mastick Office.**

In the Garden with...**Linda Carloni & Alison Limoges****Monday, April 17, 1:00 pm****Mastick's Community Garden**

Join Linda Carloni and Alison Limoges, members of Alameda Backyard Growers, to learn about vegetable gardening in Alameda. Topics will include: your gardening goals, garden layout, sunshine, soil, seeds vs. starts, watering, composting, mulching, pest management and cover crops. Bring your questions! **Registration required, please call 747-7506.**

Chair Yoga (Class #17782)

Join Darlene Cruz, Certified Yoga Instructor, for Chair Yoga on **Wednesdays (April 19 - May 24)** from 10:30 am to 11:45 am in the Social Hall. Cost: \$42. **Registration required, in the Mastick Office or online at www.arpdeplay.com.**

Tame Your Paper Monster**Wednesday, April 19, 1:00 pm, DR 2**

Learn organizing tips from the master, Lis McKinley, certified professional organizer and owner of *Let's Make Room*. Sponsored by Elders Village and AEC Living.

New Member Orientation & YOU!

The New Member Orientation is a must if you are new to Alameda, recently retired, or curious about Mastick Senior Center! This orientation offers a guided-tour to introduce you to the Center, an information packet outlining the various activities, programs, and services, and a complimentary lunch coupon! Join us on **Thursday, April 20**, at 10:30 am in the Media Room. **Registration required, please call 747-7506.**

Teens Teaching Technology--FREE

On **Thursday, April 20**, 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. **Registration required, please call 747-7506.**

The Exceptional Giuseppe Verdi**Thursday, April 20, 1:30 – 3:00 pm, DR 2**

John Kendall Bailey, music director, conductor, and chorus master, will chart the career of Giuseppe Verdi whose road to success was a rocky one and included, in Verdi's own words, "years in the galleys" when he wrote twenty operas in sixteen years. Mr. Bailey will show us how Verdi's music played a part in 19th century Italian unification. Now there's music and a great musician worth celebrating! This CSUEB Scholar-OLLI program is sponsored by the MSCAB.

Annual Earth Day Festival

Celebrate the planet at the Annual Earth Day Festival on **Saturday, April 22**, from 10:00 am to 3:00 pm at Washington Park (740 Central Avenue).

Pole Walking**Tuesday, April 25, 12:30 pm - 3:30 pm****Cost: \$26 (Class #17734), Room D**

Join Jayah Faye Paley, ACE & AFAA Certified Personal Trainer, to learn skills and practice movements that will keep you on your feet. Improve balance, endurance, confidence, agility and posture--you'll feel TALLER and STRONGER! **Registration required, online at www.arpdeplay.com or in the Mastick Office.**

The Last Gift Box**Wednesday, April 26, 1:00 pm, Room D**

Join Tina Kreitz, Volunteer, to explore how to organize your papers, your wishes for your death and plans you want your family to follow after you die. Learn how to talk to your family about these very important issues. **Registration required, please call 747-7506.**

Pickleball for Ages 50+ (Class #17667)**Wednesdays, April 26 - May 31****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. **Registration required, in the Mastick Office or at www.arpdeplay.com.**

City of Alameda Paratransit Shuttle

The City of Alameda offers **free** shuttle service for Alameda residents to and from popular destinations. Three different schedules are available with service offered on **Tuesdays, Wednesdays, and Thursdays** from 9:00 am to 4:00 pm. Seniors and individuals with disabilities receive priority seating. For more information, call 747-7513. This program is funded by *City of Alameda Measures B/BB funds*.

Birthday Celebration

Celebrating a birthday in April? Join us on **Thursday, April 27**, at 12:30 pm in Dining Room 2 for cake and good cheer!

Music Appreciation Class

Join William Sturm, Volunteer Instructor, on **Thursday, April 27** at 1:30 pm in Dining Room 2, for a piano recital and discussion featuring music inspired by spring.

Games!

Thanks to a donation from the Spiel Foundation, a non-profit organization dedicated to donating quality board and card games to groups supporting children and seniors, the following games are now available in the Game Room: Qwirkle, Quarto, Cribbage, Diamonds, and New York 1901. Have fun!

Tai Chi 24 Step Classes

Chunyan Su La, Instructor, leads Tai Chi 24 Steps on **Thursdays** from **9:15 am to 10:15 am** (Beginners) and **10:30 am to 11:30 am** (Intermediate) in Room A. Benefits include stress reduction, bone strengthening, muscle toning, and improved balance and flexibility. Cost: \$4 class. Preregistration not required.

In May...

Bocce Ball - FREE

Thursdays, beginning May 4, 1:15 pm

Wednesdays, June 21, 6:00 pm

Mastick Courtyard

Instruction available at beginning of each drop-in session. Equipment provided and geared for all abilities. Registration not required. Weather permitting.

Ukulele Jam and Sing- Along @ Mastick

Thursday, May 11, 1:30 pm, Room D

Enjoy island sounds and sing along with music provided for you.

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 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, 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.

Travel with Us!

Register for travel programs online at www.arpdeplay.com or in the Mastick Office. For more information or to learn about Extended Travel opportunities, contact Ed Kallas, RSS, at 747-7511.

Current Monthly Day Trip offerings:

Carmel and the Monterey Zoo

Class #18462

Tuesday, May 16, 7:30 am – 6:00 pm

Cost: \$30 (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.

Craig Smith Moving Movie Tour

Class #18421

Wednesday, June 14, 8:30 am - 3:00 pm

Cost: \$67 (Lunch Included)

Activity Level: Easy Street (May walk up to one block at a time)

Enjoy a comprehensive fun motor coach tour of the movie locations made in and about San Francisco. Lunch at Pompei's Grotto with dessert at Mel's Drive-In.

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

