



MASTICK SENIOR CENTER

Making Connections • Staying Active • Living Well

May

Annual Open House Event is May 31!

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

Mastick Senior Center Holiday Closure!

Mastick Center will be closed for the Memorial Day Holiday on **Monday, May 29, 2017**.

Age Out Loud!

The month of May represents Older Americans Month. The Administration on Aging, part of the Administration for Community Living, announced this year's theme, Age Out Loud, intended to give aging a new voice—one that reflects today's older adults. Change is all around us and includes the way we age and think of aging. In honor of Older Americans Month, join us in celebration at the following events:

On **Tuesday, May 16**, at the City Council Meeting, Mayor Trish Herrera Spencer will read a proclamation honoring the month of May as Older Americans Month; and

On **Wednesday, May 31**, 3:00 pm - 6:00 pm, the whole family is invited to our **Annual Open House and Resource Fair**. This event includes the 24th Annual National Senior Health and Fitness Day celebration sponsored by AES Therapy & Fitness. Representatives from various organizations will be on-site to provide **FREE** resource information and offer health screenings.

Kudos to Tax Program & Lobby Volunteers

Thank you to our Lobby Desk volunteers for showing care and compassion while managing the challenges associated with this year's tax season. We praise our Tax Program volunteers for mastering new tax program software and providing service to over 350 individuals. A special thank you to Lorraine Meuleners, JuelleAnn Boyer, and Donna Cheng-Krysiak, for overseeing and facilitating the program. We extend a BIG thank you to all the volunteers who make this invaluable service available to our community.

Mastick Book Club

On **May 2**, at 12:00 in Dining Room 2, Book Club members will review "The Sea" by John Banville. On June 6, the club will review "Tattoos of the Heart" by Gregory Boyle.

Consumer Fraud

On **Tuesday, May 2**, at 1:00 pm in Room D, join representatives from Legal Assistance for Seniors (LAS) for a workshop on scams targeting seniors and tips for protection and prevention. **Preregistration required, please call 747-7506.**

AARP Smart Driver Refresher Course

This course is designed for individuals age 50 and older that have taken the standard class within the last four years. The refresher course is offered from 9:00 am - 1:30 pm on **Wednesday, May 3**. Cost: \$15 AARP members or \$20 non-members (**payable by check ONLY**). **Preregistration required, please visit the Mastick Office.**

Music Appreciation with Glenn Fong

On **Thursday, May 4**, 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 Rogers and Hart and Rogers and Hammerstein.

Bocce Ball - FREE**Thursdays, beginning May 4, 1:15 pm****Wednesdays, beginning June 21, 6:00 pm**

Learn to play Bocce Ball in a fun environment of the Mastick Courtyard. Instruction available at beginning of each drop-in session. Equipment provided. This activity is geared for all abilities. Weather permitting.

Mastick Movie Schedule

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

May 4.....Sing
 May 11.....Passengers
 May 18.....Hell or High Water
 May 25.....Tootsie

LGBTQ Services Presentation

On **Tuesday, May 9**, 1:00 pm in Room D, Pacific Center staff will describe the LGBTQ focused expanded Peer and Older Adult services recently launched in a few senior centers, the other services they provide, as well as a short history of the LGBTQ center. Bring all your questions! **Preregistration required, please call 747-7506.**

Transcontinental Railroad (TCRR) - FREE**Wednesday, May 10, 1:00 pm, DR 2**

Roger S. Dong, founder of the Chinese American Heroes organization, will present on the Transcontinental Railroad, the world's greatest infrastructure project of the 19th Century. **Preregistration required, please call 747-7506.**

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. **Preregistration required, please call 747-7506.**

New Member Orientation & YOU!

The New Member Orientation is a must if you are curious about Mastick Senior Center! Enjoy a guided-tour, an information packet outlining the various activities, programs, and services, and a complimentary lunch coupon! Join us on **Thursday, May 11**, at 10:30 am in the Media Room. **Preregistration required, please call 747-7506.**

Poetry Reading

On **Thursday, May 11**, 1:00 pm in Dining Room 2, Michael Parish, a prize-winning poet and published author of short fiction and non-fiction, will present a short series of readings of his own work and of writings he has collected which he believes deserve a wider audience. After 35 years of law practice on Wall Street, he moved here to be closer to his son and two young granddaughters. **Preregistration required, please call 747-7506.**

Mother's Day BINGO!!!

On **Saturday, May 13**, women, 18 years of age and older, will receive a free ½ Bingo pack compliments of the Mastick Senior Center Advisory Board and Mastick Bingo Committee.

Fitness with Julie Manown**May 15 - September 1, 9:00 am - 10:30 am**

Julie Manown, Instructor, leads fitness instruction on Mondays **and** Fridays in the Mastick Social Hall. Refer to the flier for special offers and class combinations!! **Preregistration required, visit www.arpdeplay.com or the Mastick Office.**

Transportation 101

On **Tuesday, May 16** 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! **Preregistration required, please call 747-7506.**

Yoga: T (Class #18432)/ W (Class #18435)

Rosemary McNally, Instructor, leads Yoga in Room A on **Tuesdays (May 16 - June 20)** from 10:30 am to 12:00 and **Wednesdays (May 17 - June 21)** from 9:00 am to 10:30 am. Each six-week session is \$42. **Registration required, visit www.arpdeplay.com or the Mastick Office.**

Fitness with Tatiana (Class #18183)**May 17 - August 23, 9:00 am - 10:00 am**

Tatiana Stollman, Instructor, leads fitness instruction on Wednesdays in the Social Hall. Refer to the flier for details. **Preregistration required, visit www.arpdeplay.com or the Mastick Office.**

Alameda Hospital Offers FREE Stroke Risk Assessment

On **Thursday, May 18** from 9:00 am – 12:00, Social Hall, Alameda Hospital will offer FREE Stroke Risk Assessment Screenings. **Appointments are required and space is limited.** For an appointment, call 814-4362 or e-mail: relations@alamedahealthsystem.org.

Legal & Financial Planning as You Age

On **Thursday, May 18**, 1:00 pm - 3:00 pm, DR 2, Alameda Family Services Senior Connections Program will provide a presentation on legal and financial issues to consider as you age. A small resource fair comprised of local businesses that provide these services will follow. **Preregistration required, please call 747-7506.**

American Sign Language (ASL)

Learn alphabetic and numeric fingerspelling, shapes, greetings, simple sentences and games with Sheila Holmes, Instructor, on **Mondays** beginning **May 22**, in Room D. Cost: \$30. **Preregistration required.**

Beginning (Class #18188): 12:00 pm - 1:00 pm
Continuing (Class #18191): 1:00 pm - 2:00 pm

English as a Second Language (ESL)

Dolly Fong, Instructor, provides ESL instruction on **Tuesdays** beginning **May 23**, from 10:00 am to 12:00 in Room D (Class #17752). Cost: \$20. **Preregistration required, visit the Mastick Office or www.arpdeplay.com.**

Alexander Technique - FREE

On **Tuesday, May 23**, 1:30 pm, Room D, join Lenka Fejt, certified Alexander Technique instructor, to learn better ways to sit, stand and move. **Preregistration required, please call 747-7506.**

Birthday Party Celebration

Celebrating a birthday in May? Join us for cake and good cheer on **Thursday, May 25**, at 12:30 pm in Dining Room 2.

Music Appreciation Class

Join William Sturm, Volunteer Instructor, on **Thursday, May 25**, at 1:30 pm in Dining Room 2 for a piano recital and discussion on one of America's most significant romantic composers, Arthur Foote.

Chair Yoga (Class #18438)

Join Darlene Cruz, Certified Yoga Instructor, for Chair Yoga on **Wednesdays (May 31 - July 5)** 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.**

Pilates

Join Pamela Grande on Wednesdays, 10:45 am - 11:45 am in Room A, for Pilates. This exercise improves flexibility, coordination, balance and strength while developing a strong core. Cost: \$5 per session. Drop-in class.

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.**

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.

Introduction to Computers

Mondays, June 5, 12, 19 & 26

Cost: \$40 (Class #18448)

This course is for beginners with little or no computer experience. Learn computer basics including: hardware and software, terminology, features, navigating icons, menus, ribbons, and apps.

Computer Cleanup and Tune-up

Wednesdays, June 7, 14, & 21

Cost: \$30 (Class #18449)

This class will introduce maintenance and cleanup utility software built into your computer plus other available cleanup and tune-up options. We will also offer tips on cleaning out and organizing the content on your computer. Prerequisite: Experience using the computer.

In June...

Spanish for Beginners (Class #18429)

On **Mondays (June 5 - July 24)**, 8:50 am - 9:50 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: \$32. **Preregistration required, visit www.arpdeplay.com or the Mastick Office.**

Diabetes Workshop - FREE

Mon., June 5-July 17, 10:00 am - 12:00 Rm E Alameda County Public Health Department is offering 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 foods you love while controlling your Diabetes. **Preregistration required, please call 747-7506.**

Pickleball for Ages 50+ (Class #18442)

Wed. (June 7 - July 12), 6:00 pm - 7:30 pm, Lincoln Park (1450 High Street), Cost: \$18 Pickleball combines the fun of Ping Pong and Tennis. Learn to play the fastest growing sport in the country. **Preregistration required, visit www.arpdeplay.com or the Mastick Office.**

Year of the Rooster Spring Dance

Join us on **Thursday, June 8**, from 1:00 pm to 3:30 pm in the Social Hall for dancing. Enjoy DJ-led dancing, contest, and refreshments. Cost: \$3.

Dogs and Humans - FREE

Thursday, June 15, 1:30 pm – 3:00 pm, DR 2 **William Garrett, Ph.D., professor emeritus of philosophy & religion, JFKU** Somewhere between 35,000 and 14,000 years ago, wolves underwent a change and an alliance was born that changed both man and his “best friend.” Professor Garrett will look at the theories of biologist Raymond Coppinger, geneticist Dmitry Belyaev, anthropologist Pat Shipman, and neurobiologist Richard Francis regarding this bonding between canis and sapien. This CSUEB Scholar-OLLI program is sponsored by the MSCAB. **Preregistration required, please call 747-7506.**

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 Woolldridge
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, Mary Foss, Earleen Hamlin, Bonnie Leber, Ron Limoges, Deanna Satterwhite, Bill Soares, George Tarr, and Jerry Yarbrough.

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:

**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 tour of San Francisco movie locations. Lunch at Pompei's Grotto with dessert at Mel's Drive-In.

**Asian Art Museum
Class #18461**

Tuesday, July 11, 8:30 am - 3:30 pm
Cost: \$62 (Lunch Included)

Activity Level: Moderate Movers (May walk up to two blocks at a time)
Enjoy a docent tour of Asian Art Museum exhibits and Dim Sum at the Oriental Pearl.

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

MSCAB's 30th Annual Thrift Shop Fashion Show and Luncheon Fundraiser

Join us on **Thursday, September 21**, for this annual tradition that guarantees fun, fashion, and food! Tickets will go on sale **Tuesday, August 1**, at 9:00 am in the Mastick Office.