



MASTICK SENIOR CENTER

Making Connections • Staying Active • Living Well

June

Visit us at www.mastickcenter.com

2017

MSCAB Fundraising Programs

The Mastick Senior Center Advisory Board (MSCAB) supports various fundraising programs which are staffed by volunteers to generate revenue to support Mastick programs and facility maintenance. Programs include:

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

Join the fun as a volunteer or participant!

Measure A: School Parcel Tax Exemption

Alameda residents (Owner-Occupants Only), 65 and older, are eligible to apply for an exemption from the Alameda Unified School District's (AUSD) Measure A Parcel Tax. Applications are available at: Mastick Senior Center, www.alameda.k12.ca.us, AUSD (2060 Challenger Drive), or by calling 1-800-273-5167. The application deadline is **June 30, 2017**.

Music Appreciation with Glenn Fong

On **Thursday, June 1**, 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 works of Rogers and Hart and Rogers and Hammerstein.

Mastick Movie Schedule

Enjoy the **Mastick Movie Matinee** and **free** popcorn every **Thursday** at 1:00 pm in the Media Room. The June schedule is as follows:
June 1.....Gold
June 8.....The Comedian
June 15.....A Dog's Purpose
June 22.....In This Our Life
June 29.....The Founder

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.**

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.

Introduction to Computers 2

Mondays, July 10, 17, 24 & 31

Cost: \$40 (Class #18450)

This is a follow-up class to Introduction to Computers. Learn to use a variety of programs to create and edit text and files.

Windows 10 Operating System

Mondays, August 7, 14, 21 & 28

Cost: \$40 (Class #18455)

Learn the major features of the Windows 10 Operating System including the new Start Menu, Start Screen Tiles, Modern Metro apps, Cortana Personal Assistant, revised Taskbar and File Manager.

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.**

Spanish Conversation (Intermediate Level)

Join Mirtha Ninayahuar, Instructor, on **Mondays (June 5 - August 7)**, 10:00 am - 12:00 in DR 2, to discuss Latin American Culture, current events, and students' interest in Spanish. Interactive role play, reading, and music included. **Preregistration required, visit www.arpdeplay.com or the Mastick Office.** Cost: \$40. (Class #18889)

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 enjoy foods you love while controlling your Diabetes. **Preregistration required, please call 747-7506.**

Mastick Book Club

On **June 6**, at 12:00 in Dining Room 2, Book Club members will review "Tattoos of the Heart" by Gregory Boyle. On July 11, the club will review "The Magic Strings of Frankie Presto" by Mitch Albom.

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 one of the fastest growing sports 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, costume contest for the best red and gold outfit, socializing and refreshments. Cost: \$3.

Researching and Writing Novels

On **Tuesday, June 13**, 1:00 pm - 3:00 pm in Dining Room 2, join Janet Dawson, local author of short stories and 15 mysteries, 12 in the Jeri Howard private eye series set in and around Oakland and Alameda, two in the California Zephyr historical series, and one suspense novel. She will talk about writing and researching her novels. **Preregistration required, please call 747-7506.**

Travel Presentation

On **Wednesday, June 14**, at 10:00 am in the Media Room, learn about upcoming local trips with an opportunity to register. Then, a representative from Collette Travel will be presenting Shades of Ireland – Visit Ireland on St. Patrick's Day and More!

Making Sense Out of Uncertainty

Thursday, June 15, 10:00 am, Room E

Lately, it seems many people are experiencing increased feelings of distress. There may be many factors that contribute to this, among them being the current social and political climate. Join Natalie Gelman, Ph.D. and Life Coach, as she leads a discussion about coping mechanisms during uncertain times. **Preregistration required, please call 747-7506.**

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

Overtime, 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.**

Father's Day BINGO!!!

Join us on **Saturday, June 17**, for Father's Day Bingo! Men, 18 years of age and older, will receive a free ½ Bingo pack compliments of the MSCAB and Mastick Bingo Committee.

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 the Asian Art Museum exhibits and Dim Sum at the Oriental Pearl Restaurant.

Bodega Bay**Class #18460****Tuesday, August 15, 8:15 am - 4:00 pm****\$65** (Lunch Included)**Activity Level: Moderate Movers** (May walk up to two blocks at a time)

Enjoy a scenic drive up Highway 1, a docent tour of UC Davis Lab and then a delicious lunch at The Inn at the Tides.

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

Glass Works Workshop (Class #18463)

Tues.&Thurs., June 20 & 22, 9:00 am, Rm E
Join skilled artisans in a two-day workshop using simple techniques to create a lovely sun caterer made of foil art and beveled glass arranged with dried flowers. Tools and supplies included with registration. Cost: \$15.
Preregistration required, in the Mastick Office or online at www.arpdeplay.com.

Transportation 101

On **Tuesday, June 20**, 1:00 pm, 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.**

Brain Games**Wednesday, June 21, 1:00 pm, DR 2**

Alysa Stanford, Exercise Physiologist, will facilitate this class on investigating the relationship between lifestyle and cognition and exercising your brain to prevent or maintain memory loss. Experiment with verb generation, abstract thinking, coordination exercises, word recall, attention games, and retention. Sponsored by Elders Village and AEC Living.
Preregistration required, please call 747-7506.

Birthday Party Celebration

Celebrating a birthday in June? Join us on **Thursday, June 22**, at 12:30 pm in Dining Room 2 for cake and good cheer.

Music Appreciation Class

Join William Sturm, Volunteer Instructor, on **Thursday, June 22**, at 1:30 pm in Dining Room 2 for a piano recital and discussion of richly melodic music of Liadov, one of Russia's most beloved composers.

Drawing and Painting Class**Class #18173 (F)**

Join Mi'Chelle Fredrick, Instructor, on **Fridays (June 30)** from 9:30 am to 12:30 pm in the Skill Center for art instruction. This nine-week class is \$70, plus materials expenses.
Preregistration required, in the Mastick Office or online at www.arpdeplay.com.

Yoga: T (Class #18433)/ W (Class # 18436)

Rosemary McNally, Instructor, leads Yoga in Room A on **Tuesdays (June 27 - August 8)** from 10:30 am to 12:00 and **Wednesdays (June 28 - August 9)** from 9:00 am to 10:30 am. Yoga is a mind and body discipline designed to increase flexibility and balance. Each six-week session is \$42.
Preregistration required, visit the Mastick Office or online at www.arpdeplay.com.

**Mastick Senior Center Evening Hours
Wednesdays June 21 - August 30
5:30 pm to 8:30 pm**

Join in the fun on Wednesday evenings by taking one or more of the classes listed below! This is a great opportunity for folks unable to participate during the day! **Preregistration for classes required, please call 747-7506.**

Wednesday Evening Movie Schedule

Enjoy watching a movie in the Media Room at 6:00 pm every Wednesday through August 30! Schedules available in Lobby.

U.S. Air Force Brass Quintet Concert

Wed., June 21, 5:30 pm–7:00 pm, Social Hall
Kick off Mastick’s Wednesday evening program in style with the USAF’s own Travis Brass. Travis Brass is based at the Travis Air Force Base and tours throughout California, Oregon, Washington, Idaho, Utah, Nevada, and Arizona supporting our troops, honoring our veterans, and telling the air force story by entertaining the American public. **FREE**

Line Dance (Beginning)

June 21 – August 306:00 pm – 8:30 pm
Social Hall.....\$3

Bocce Ball - FREE

June 21 – August 30.....6:00 pm
Courtyard
Open play for all abilities. Instruction available at the beginning of each session.

Bocce Ball Tournament Play

June 28 – July 26.....6:00 pm
Courtyard.....Class #18721
Open to all skill levels. Preregistration as an individual, (\$5), or team of two, (\$8), is required.

Computer Instruction

Cutting the Cord

July 5.....6:00 pm - 8:00 pm
Room C.....Class #18451
Cost: \$10

This workshop will explore alternative options for obtaining TV reception of network and non-network programming.

Note: The Pool Room and Room B are available for use upon request. Please arrange with staff.

**Wednesday Evening Program fliers
available in the Mastick Lobby.**

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, 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.

FREE - Mobile Devices Made Easy - FREE

Join Joe Brandt, Volunteer Instructor, on **Fridays through June 30, 1:00 pm - 2:30 pm, Room E** and learn to make mobile devices (Apple and Android products) easier to use. The 2nd and 3rd classes are designed for iPhone and iPad users **only**. The 4th, 5th and 6th classes are designed for advanced use with iPhones and iPads. Participants are welcome to attend any or all of the sessions. **Preregistration required, please call 747-7506.**

The Art of Ceramics

Thurs. (July 6 - September 7), 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. **Preregistration required, visit the Mastick Office or www.arpdeplay.com.**

Beginning (**Class #18430**): 9:30 am - 12:00

Intermediate (**Class # 18431**):12:30 pm - 3:00 pm

In Memory...

**Jack Beall, Doris Ford, Suey Hall Lee Pon,
Marian Rankin, and Adoracion E. Victa**

Our condolences to family and friends.