



Making Connections • Staying Active • Living Well

July

Register for classes online at www.arpdeplay.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

Mastick Senior Center Holiday Closure

Mastick Senior Center will be closed on **Tuesday, July 4**, for the Fourth of July Holiday.

It is Time to Renew Your Membership!

Thank you for your continued support by renewing your 2017-18 membership. This is a timely reminder that membership renewal is presently underway! Individuals participating in Center programs are required to complete a new membership registration application annually. Membership remains free and extended to individuals 50+. **Volunteers are available at the Lobby Desk to assist you Monday – Friday from 9:00 am – 3:00 pm.**

MSCAB Scholarship Program Benefits YOU

The Mastick Senior Center Advisory Board (MSCAB) Scholarship Program is funded by the MSCAB's fundraising programs and provides assistance up to 50% (not to exceed \$50) to members **four** times per year to offset the cost of Mastick classes, trips, and/or programs. **Members must apply in the Mastick Office when registering for programs.**

Mastick Code of Conduct

The *Mastick Senior Center Code of Conduct* was adopted by the MSCAB on September 19, 2001 in an effort to ensure an enjoyable and consistent environment for all members participating in Mastick programs. Copies of the *Code of Conduct* are available in the flier carousel located in the Lobby or by visiting our website at www.mastickcenter.com. Members are required to adhere to the Code when at the Center and participating in our programs.

A special THANK YOU to the MSCAB

A special thank you is extended to the Mastick Senior Center Advisory Board (MSCAB) for funding the following programs and projects:

- The Mastick Senior Center Scholarship Program which provided 183 scholarships totaling over \$6,300 in 2016. To date for 2017, 236 members have received scholarships totaling over \$8,203.
- The Mastick Senior Center Exterior Painting Project completed in May 2017 totaling \$127,000.
- New flooring for Dining Rooms 1 & 2 and the kitchen hallway totaling \$30,000.

These program and facility enhancements are a result of the MSCAB fundraising programs and the many volunteers that dedicate their time to make the Thrift Shop and Bingo Programs successful and enjoyed by many. Likewise, we are thankful for those that support our programs by playing Bingo, shopping in the Thrift Shop, or donating to the Center. The community support received makes Mastick fantastic for all to enjoy!

Mastick Movie Schedule

Enjoy the **Mastick Movie Matinee** and **free** popcorn every **Thursday** at 1:00 pm in the Media Room. Seating limited to the first 50 members. The schedule is as follows:

July 6.....Pete's Dragon
 July 13.....Lion
 July 20.....Hidden Figures
 July 27.....True Grit

The Art of Ceramics

Thurs. (July 6 – Sept. 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.

Registration required, visit www.arpdeplay.com or the Mastick Office.

Beginning (Class #18430): 9:30 am - 12:00
 Intermediate (Class #18431): 12:30 pm - 3:00 pm

Mastick Book Club

On **July 11**, at 12:00 in Room E, Book Club members will review "The Magic Strings of Frankie Presto" by Mitch Albom. On August 1, the club will review "Olive Kitteridge" by Elizabeth Strout.

Chair Yoga (Class #18439)

Join Darlene Cruz, Certified Yoga Instructor, for Chair Yoga on **Wednesdays (July 12 - August 16)** from 10:30 am to 11:45 am in the Social Hall. Cost: \$42.

Registration required, visit www.arpdeplay.com or the Mastick Office.

Poetry Reading

Thursday, July 13, 1:00 pm, Room E

Michael Parish, a prize-winning poet and published author of short fiction and non-fiction, will present a 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.

Registration required, please call 747-7506.

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.**

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.

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:

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.

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

Transportation 101

Tuesday, July 18, 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! **Registration required, please call 747-7506.**

Pain Management**Wednesday, July 19, 1:00 pm, DR 2**

Join Colleen R. Baker, RN, VITAS Healthcare, to learn about different types of pain and how they are treated. We will discuss common medications, their effectiveness and define other non-pharmacological ways to minimize the symptoms of pain. Sponsored by Elders Village and AEC Living. **Registration required, please call 747-7506.**

Pickleball for Ages 50+ (Class #18443)**Wed. (July 19 – Aug. 23), 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. **Registration required, visit www.arpdeplay.com or the Mastick Office.**

Introduction to Qigong with Robert Dorsett**Tues., July 25 – Aug. 29, 9:00 am-10:00 am Room A ~ Cost: \$49 (CLASS #19394)**

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. **Registration required, visit www.arpdeplay.com or the Mastick Office.**

SSA Benefits and More**Tuesday, July 25, 1:00 pm, Room D**

Join Sarah Kim Lee, SSA Public Affairs Specialist, to learn about the programs Social Security administers, iSSNRC, online services, ID Theft, *myRA*, Social Security income verification letter, Medicare, and the benefits of creating a *my* Social Security account. **Registration required, please call 747-7506.**

Birthday Party Celebration

Celebrating a birthday in July? Join us for cake and good cheer on **Thursday, July 27**, at 12:30 pm in Dining Room 2. ***Be sure to mark your calendar to celebrate with us!***

Music Appreciation Class

On **Thursday, July 27**, at 1:30 pm in Dining Room 2, William Sturm, Volunteer, will discuss and perform music inspired by the summer season.

American Sign Language (ASL)

Learn alphabetic and numeric fingerspelling, shapes, greetings, simple sentences and games with Sheila Holmes, Instructor, on **Mondays** beginning **July 31**, in Room D. Cost: \$30. **Registration required, visit www.arpdeplay.com or the Mastick Office.**

Beginning (Class #18187): 12:00 pm - 1:00 pm
Continuing (Class #18190): 1:00 pm - 2:00 pm

Tarot Meditation Group

Denise Collete leads a Tarot Meditation class on the **third** Thursday of each month at 11:00 am in Room D! Discover how meditating brings a deeper understanding of each card. Dust off your old Tarot deck and join us! **No registration required.**

Coming in August...**English as a Second Language (ESL)**

Dolly Fong, Instructor, provides ESL instruction on **Tuesdays** beginning **August 1**, from 10:00 am to 12:00 in Room D (Class #18422). Cost: \$20. **Registration required, visit www.arpdeplay.com or the Mastick Office.**

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, August 2, September 6, or October 11**. Cost: \$15 AARP members or \$20 non-members (**payable by check ONLY**). **Registration required, please visit the Mastick Office.**

Music Appreciation with Glenn Fong

On **Thursday, August 3**, 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, Part 2. (Note: July program canceled).

Quilting with Kathleen Fennelly

Kathleen Fennelly, Instructor, offers a quilting class that is enjoyable for new and experienced quilters. Cost: \$44 Registration begins on **Monday, August 7, at www.arpdeplay.com** or in the **Mastick Office**. The fall schedule is as follows:

Mondays: September 18 - December 4
9:30 am - 11:30 am.....(Class #19379)
1:00 pm – 3:00 pm..... (Class #19380)

Thursdays: September 21 - December 7
9:30 am to 11:30 am.....(Class #19381)
1:00 pm to 3:00 pm.....(Class #19382)

Yoga: T (Class #18434)/ W (Class #18437)

Rosemary McNally, Instructor, leads Yoga in Room A on **Tuesdays (August 15 – Sept. 19)** from 10:30 am to 12:00 and **Wednesdays (August 16 – Sept. 20)** 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. **Registration required, visit www.arpdeplay.com or the Mastick Office.**

Skin Care

Wednesday, August 16 1:00 pm, DR 2

Chris Tam Esthetics from Rise Face & Body will talk about anti-aging skin care and what happens to the skin as we age. Sponsored by Elders Village and AEC Living. **Registration required, please call 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 scheduled to open **Wednesday, August 23**. Artwork Submission Forms are available in the Mastick Office and due to the Mastick Office by **Friday, July 28 at 3:00 pm.**

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 HauserPresident
- Mariel ThomasVice President
- Lorraine MeulenersTreasurer
- Erna Simmons.....Corresponding Secretary
- Robert FrankRecording 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.

Summer Swimming Schedule

Enjoy recreational and lap swimming this summer. Senior rates: resident \$3 / non-resident \$4. Open through August 10.

Recreational Swim

Note: Closed on July 4 & 14, and August 4 & 5.

Emma Hood Swim Center

(2256 Alameda Ave)

Wednesdays & Thursdays...1:00 pm - 3:30 pm

Encinal Swim Center

(230 Central Ave)

Fridays.....1:45 pm - 4:00 pm

Saturdays.....1:15 pm - 4:00 pm

Lap Swim

Note: Closed July 4 & August 5

Encinal Swim Center

Monday – Thursday.....9:00 am – 10:45 am

12:15 pm - 1:30 pm

6:30 pm - 7:30 pm

Friday.....12:15 pm – 1:30 pm

Saturday.....9:00 am - 10:45 am

**Mastick Senior Center Evening Hours
Wednesdays through August 30
5:30 pm to 8:30 pm**

Join the fun on Wednesday evening by **registering for one or more of the following classes. To participate, call 747-7506.**

Wednesday Evening Movie

Watch a movie in the Media Room at 6:00 pm through August 30! Schedules are in the Lobby.

Singapore, China and the U.S.

On **Wednesday, July 12**, 6:00 pm in Rm D, Colonel Roger S. Dong, USAF, retired, and Foreign Area/China specialist with the Department of Defense for more than 30 years, will share the story of the Founder of modern Singapore, Prime/Senior Minister Lee Kwan Yew, and his leadership that changed a barren, desolate island with no natural resources, into a green paradise.

Line Dance (Beginning)

Social Hall6:00 pm – 8:30 pm
Cost: \$3

Bocce Ball - FREE

Courtyard6:00 pm
Open play for all abilities.

Bocce Ball Tournament Play

through July 26.....6:00 pm
Courtyard.....Class #18721
Open to all skill levels. Registration required, individual (\$5) or team of two (\$8).

**Evening Computer Instruction in Room C
Cutting the Cord**

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

Photo Fun

July 26.....6:00 pm – 8:00 pm
Cost: \$10.....Class #18453

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 Supporters...

A special thank you to the following members for their donation and ongoing support:

Robert Anderson, Charles Barro, Davaadorj Byambaa, Clyde & Sue Capps, Gary Cates, Patrick Chye & Patty Ferrari, Mary Clark, George & Sylvia Cunningham, Rich & Maureen Davis, Lydia De Jesus, Luann H. DeWitt, Janet Dietz, Corinna Domagas, Sandra Downey, Johanne Duffy, Roger & Judy Ecker, Anna Fisher, N.F. Fliehmman, Betty Foote, Susan Freeman, Jim & Keiko Freese, Sara & Jean Gabriel, Philip Gardner, Teresa Garcia, Robert Gibbs, Violet Grayson, Lucy Gutierrez, Edward & Hilary Gutman, Jay Haberman & Eleanor Cooney, Earleen Hamlin, Nancy Harden, Marlene Hellman, Mary Herman, Fred Hofinger, Mr. & Mrs. Andrew Jennings, Michelle Johnston, Ashley Jones, Valeria Jones, Adair Jorgensen, Geberala Woldu Kahsay, Nan Kataoka, Frances Kofranek, Patricia Lamborn, Lorraine Land, Rosemary Liao, Brian Lodge, Wai Keung Lon, Margaret Lopes, Sharyn Loshakoff, Linda Lowens, Wai Fong Liu Chak, Rosa Mageau, Richard Mantineo, Helen Marceovich, Lois N. Mark, Karen McEligot, Henry Montano, Maria Cora Morales-Co, Grace Ng, Janice Ortner, Edwin Osada, Franklin Ow, Barbara Parkin, Lynn Parks, Barbara Pearl, Mary Jude Peterson, Benjamin Quintero, Marilyn Rabello Bennett, Rosemary Reilly, Agnes Ringo, Ron Roberts, Sandra Roerden, Ann Rossi, Anna Santos, Holly Schmalenberger-Haugen, Alvin, Brad & Denise Speier, George Tarr & Mary Foss, Gary Thompson, Jim Thompson, Purificacion Toledo, Parvin Vameghi, John Warner & Dolores Ancheta, Inge Westerweck, Virginia Wetherill, Marian Williams, Wendy Young, and Candida Zucconi.

Concerned About Falling?

Matter of Balance is an evidenced-based program designed to help seniors prevent falls through exercises and discussion. This FREE eight-week program meets for two hours once a week on Wednesdays, starting **September 27**, 10:00 am – 12:00. Pre-enrollment is a must and class is limited to 12 participants. **Registration required, visit the Mastick Office.** Sponsored by the Alameda Fire Department Senior Safety & Accessibility Program and Peace of Mind.

Refund Policy

The Alameda Recreation and Park Department Refund Policy is as follows:

- If a client requests a withdrawal and/or transfer from ANY class or program before the start date, there is an automatic \$15 administrative fee.
- The remaining funds will only be applied to your account as a credit to use for a future class or program.
- After a class begins, withdrawal and/or transfer requests are charged an automatic \$15 administrative fee and will be prorated based on the number of classes that have already passed in the session.
- Any remaining fund will be applied to your account as a credit to use for future enrollment.
- Please note that certain programs (e.g., Mastick Trips*) have different refund policies.
- There are no refunds/credits/make-ups allowed for any classes you miss.

*See Mastick Senior Center Travel Program Policy and Procedures Manual for Trips Refund Policy.

Be Present and Accounted For!

We track the number of participants attending classes to determine program popularity. To ensure our records are accurate, please sign your name on the roster in the:

- **Lobby** when visiting the Game, Media, and Coffee Rooms, as well as attending special events (e.g., Music Appreciation, Sing-Along with Keiko, etc.);
- **Computer Room** when using the Computer Lab or taking a computer class; and
- **Pool Room** when playing pool.

Instructors/Volunteers are requested to record the number of participants on the monthly Attendance Tally Sheet provided in the **Social Hall, Skill Center, Media Room, Game Room, Dining Room 2, and Rooms A, B, D, and E.**

If you are taking several classes, sign in at each location and for each program. Thank you for participating and for helping to ensure that your favorite programs continue.

Evacuating Mastick Senior Center

We want you to be prepared should the need arise to evacuate Mastick Senior Center while attending a class or program. **Mastick Senior Center staff and class instructors are designated evacuation monitors.** Each classroom is equipped with an evacuation map outlining the best route to exit the classroom you are occupying.

It is always best to be familiar with the classroom and your surroundings. When evacuating the premises, consider the following:

- Be aware of the evacuation map and review the evacuation route.
- An addressable alarm system (fire alarm) was installed in 2005 and is designed to sound an alarm (bell) and notify Alameda's Central Dispatch of a fire at Mastick Senior Center.
- Exit the building via the exit closest to the street (e.g., Bay Street, Santa Clara Avenue, parking lot, etc.) and gather at the corner (Santa Clara and Bay or Santa Clara and St. Charles).
- Do not evacuate or congregate in the courtyard.
- Take personal belongings (e.g., purse, medication, etc.). However, **DO NOT** pack up craft projects.
- Inform Mastick Staff and the Fire Department (during an actual evacuation) of participants needing special assistance evacuating the building.

Are You Interested in Receiving Critical Alerts and Community Updates?

Nixle is a communication system that connects residents with the agencies that serve and protect them. Residents can use Nixle to receive information ranging from critical alerts to community news. Additionally, residents can choose how they want to receive this information—by SMS (text message), email, over the Web or by mobile application. To sign up, visit www.nixle.com or text your zip code to 888777.