



Making Connections • Staying Active • Living Well

August

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

Shop 'til You Drop... August 1, 5, 8, and 12

The Mastick Thrift Shop is featuring a half-off sale on women's and men's clothing. The Thrift Shop is open on Tuesdays and Saturdays from 10:00 am – 2:00 pm. Take advantage of this opportunity to shop for bargains galore.

Membership Renewal Underway for FY 17-18

Membership is **FREE**, extended to those **50** plus, and **required** to participate in the various activities, programs, and services offered at the Center. Membership can be renewed in the Lobby, Monday through Friday from 9:00 am to 4:00 pm. Don't miss out on the fun... sign up today!

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:

Thursday, August 3.....Collateral Beauty
Thursday, August 10.....Masterminds
Thursday, August 17.....Manchester by the Sea
Thursday, August 24.....Big Fish
Thursday, August 31.....The Zookeeper's Wife

Newly Elected MSCAB Officers and Directors

At their General Membership meeting held Wednesday, April 19, the slate of candidates as presented were accepted after entertaining nominations from the floor. In addition, the MSCAB budget for FY 2017-18 was presented and approved.

The newly elected officers and directors are as follows:

Officers

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

Director for 2017-18 (One-year term)

Vicki Bell

Directors for 2017-19 (Two-year term)

Lola Brown, Nancy Gormley, Lisa Jasper, Deanna Satterwhite, and George Tarr

The next MSCAB meeting is scheduled for **Wednesday, August 16**, at 9:30 am in Room D. Be sure to join us and welcome the newly elected officers and directors.

Estuary Crossing Shuttle Service Ended June 30

After six years and 315,000 rides, the Estuary Crossing Shuttle service ended due to new AC Transit bus service (Lines 19 and 96) and an end in grant funding. Please visit 511.org to find new transportation options. Thanks to everyone who rode the shuttle and to the many funders, including Measures B and BB, Alameda County's transportation sales tax. More information: www.estuaryXINGshuttle.org.

Join Us for Lunch, Monday - Friday!

Spectrum Community Services provides a delicious and nutritious lunch Monday – Friday. Lunch is available to those 60+ for a **donation** of \$3.75. To make a reservation, visit DR 2 at 11:15 am or call 747-7503!

Mastick Book Club

On **Tuesday, August 1**, Book Club members will review "Olive Kitteridge" by Elizabeth Strout at 12:00 in Dining Room 2. "Shadow of the Wind" by Carlos Ruiz Zafon be reviewed on **Tuesday, September 5**.

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.

Free Oakland A's tickets!

Are you interested in attending an A's game on **Wednesday, August 9**? If so, contact Ed Kallas, Recreation Supervisor I, at 747-7511 or ekallas@alamedaca.gov, to reserve up to two tickets. Tickets must be picked up from the Mastick Office by August 4, at 3:00 pm. No transportation provided.

New Member Orientation & YOU!

The New Member Orientation is a must if you are new to Alameda, recently retired, or wanting to learn more about Mastick programs! The orientation offers a guided-tour that introduces you to the Center, an information packet outlining the various activities, programs, and services, and a complimentary lunch coupon! Make a reservation to join us on **Thursday, August 10**, at 10:30 am by calling 747-7506.

Transportation 101

Tuesday, August 15, 1:00 pm, Room D

Join Victoria Williams, Paratransit Coordinator, for an overview of the various transportation options (East Bay Paratransit, Premium Taxi Program, FREE shuttle service and MORE) available to Alameda residents. Questions encouraged! **Registration required, please call 747-7506.**

What Wrinkles??? Skin Care as We Age

Wednesday, August 16, 1:00 pm, Media Rm

Learn new ways to look our best at any age. Chris Tam, RISE Face & Body, will share tips on caring for aging skin. Sponsored by Elders Village and AEC Living. **Registration required, please call 747-7506.**

Annual Fashion Show and Luncheon

Join us for the Annual Thrift Shop Fashion Show and Luncheon on **Thursday, September 21**, in the Mastick Social Hall. The event begins at 11:00 am and ensures good food, fun, and fashion! Ticket sales will begin **Monday, August 21**, at 9:00 am in the Mastick Office. *All proceeds support Mastick Senior Center.*

Chair Yoga (Class #19265)

Join Darlene Cruz, Certified Yoga Instructor, for Chair Yoga on **Wednesdays (August 23 – September 27)** from 10:30 am to 11:45 am in the Social Hall. Cost: \$42. **Registration required, visit www.arpdeplay.com or the Mastick Office.**

Art Exhibit Reception

Join us on **Wednesday, August 23**, from 10:30 am to 11:30 am, in the Lobby for a Multimedia Art Exhibit reception to celebrate and admire the many works created by Mastick artists. Enjoy refreshments while hearing anecdotes from our artists.

Mastick Senior Center Evening Hours

Wednesdays through August 30

5:30 pm to 8:30 pm

Join the fun on Wednesday evenings by **participating in one or more of the following classes.**

Wednesday Evening Movie

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

Line Dance (Beginning)

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

Bocce Ball - FREE

Courtyard6:00 pm
Open play for all skill levels.

Computer Lab

Room C.....6:00 pm

Wednesday Evening Program fliers

available in the Mastick Lobby.

Birthday Party Celebration

If you are celebrating a birthday in August, join us for the Birthday Celebration on **Thursday, August 24**, at 12:30 pm in Dining Room 2. Enjoy cake and good cheer (lunch not included).

Music Appreciation Class

On **Thursday, August 24**, at 1:30 pm in Dining Room 2, William Sturm, Volunteer, will discuss and perform music by one of Russia's most lyrical composers, "The Enchanted Lake: Music of Anatoly Liadov."

A Guide to Watching Pro Football

Wednesday, August 30, 10:00 am (101), 12:00 (Advanced), Room E

Join Ed Kallas, Recreation Supervisor I, for a fun instructional presentation on America's favorite sport. **Registration required, please call 747-7506.**

Fitness Fun on Bay Farm Island! --NEW

Thanks to Alameda Elders Services, we are now able to offer fitness programs on Bay Farm Island. The classes listed below are available at the **Water's Edge Lodge Multi-Purpose Room, 801 Island Drive, Alameda.** To register, visit www.arpdeplay.com or the Mastick Office.

Train Your Brain

Brain.....\$40
 Wednesdays & Fridays.....11:00 am – 11:30 am
 August 30 – September 29 (Class #19483)
 Maintain and/or improve your memory with verb generation, coordination exercises, short-term memory recall, listing, basic math, set-shifting, name memorization, and games.

Posture & Strength

Strength.....\$25
 Fridays.....2:00 pm – 2:30 pm
 October 6 – November 3 (Class #19484)
 Use resistance to train and strengthen key muscles such as the hip extensors, abdominals, and upper trapezius.

Laughter Yoga

Yoga.....\$40
 Mondays.....2:00 pm – 2:30 pm
 September 18 - November 6 (Class #19485)
 Experience the medical and emotional benefits of combining Playful Laughter and Yogic (Deep) breathing exercises. Let your inner child come out for good health.

Cycling

Tuesdays & Thursdays.....2:00 pm – 2:30 pm
 October 3 – October 26 (Class #19486).....\$40
 November 7 – November 30 (Class #19487)..\$40
 This endurance training requires 20-30 minutes of continuous cycling while seated comfortably in a sturdy chair listening to upbeat music.

Computer Classes & More

All programs require advance registration and take place in Room C unless otherwise noted. Please register online at www.arpdeplay.com or visit the Mastick Office. Prerequisite: Experience with Windows OS. Flash drive required.

Mastick Silver Surfers

Tuesdays, September 5, 12, 19 & 26

9:00 am – 10:00 am, Cost: \$5 (Class #19402)

Join Edgar Zamora, Mastick Staff, to learn about: surfing the web safely, social media sites, and Facebook. Prerequisite: Computer Foundations Course or basic computer skills.

Browsers

Thursdays, September 7, 14, 21, & 28

1:30 pm – 3:30 pm, Cost: \$40 (Class #19364)

Learn to use popular browsers: Microsoft Edge, Google Chrome, Mozilla Firefox and Opera.

E-Mail

Mondays, September 11, 18 & 25

1:30 pm – 3:30 pm, Cost: \$30 (Class #19363)

Learn to use tools, options and settings for Google Gmail, Microsoft Outlook and Mozilla Thunderbird.

Tech Help with Jiten Patankar--FREE

Mondays (by appointment only),

11:00 am - 12:00, Mastick Office

Jiten Patankar, Volunteer, is available to provide one-on-one assistance with smart phones, iPads/tablets, and laptops. Bring your digital device(s) with you!

Teens Teaching Technology—FREE

September 21, October 19, and November 16,

4:00 pm - 5:00 pm

Teens from the ARPD Underground Teen Center will show you how to get the most out of your portable devices such as tablets, smart phones, and laptops. Bring your portable device(s) with you!

Drop-In Pickleball at Lincoln Park -- FREE

Wednesdays & Saturdays, 10:30 am - 12:00

(Reserved for 50+ crowd!)

Looking for a fun way to meet new friends and improve your fitness? If so, play the game that combines Ping Pong and tennis... Pickleball. This game features small paddles, wiffle balls, low hanging nets and a court one quarter the size of tennis. For more information contact Ed Kallas, Recreation Supervisor I, at ekallas@alamedaca.gov or 747-7511.

September highlights...

**Introduction to Qigong with Robert Dorsett
Tues., Sept. 5 – Oct. 10, 9:00 am-10:00 am
Room A ~ Cost: \$49 (CLASS #19395)**

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.**

AARP Smart Driver Refresher Course

The AARP Smart Driver Refresher Course will be offered on **Wednesdays, September 6 and October 11**, from 9:00 am to 1:30 pm. The course is designed for individuals that have taken the standard course within the last four years. Cost: \$15 AARP members or \$20 non-members (payable by check ONLY). Register in the Mastick Office two days before the start date.

Fitness with Tatiana (Class #19268)

September 6 – Dec. 13, 9:00 am - 10:00 am
Tatiana Stollman, Instructor, leads fitness instruction on Wednesdays in the Social Hall. Refer to the flier for details. **Registration required, visit www.arpdeplay.com or the Mastick Office.**

Fitness with Julie!

Beginning **Friday, September 8**, stay fit with Julie Manown, Instructor, on Mondays **and/or** Fridays.

Mondays (Class #19376): Sept. 11 - Dec. 18

Fridays (Class #19377): Sept. 8 - Dec. 22

M/F (Class #19378): Sept. 8 - Dec. 22

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

Joe Woodard Photo Portraits

Joe Woodard, Volunteer, is available to take your photograph, thus creating a beautiful portrait. To make an appointment, contact the Mastick Office at 747-7506.

**Local Trip & Extended Travel Presentation
Monday, August 28, 10:00 am, Media Room**

Get two for one... Ed Kallas, Recreation Supervisor I, will review upcoming local trips. Then, Jay Fehan, Collette Tours, will provide an overview of extended travel opportunities including Shades of Ireland!

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 Supervisor I: 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.

Travel with Us!

Register for travel programs online at www.arpdeplay.com or in the Mastick Office. Learn about our Extended Travel opportunities, contact Ed Kallas, Recreation Supervisor I, at 747-7511.

Current Monthly Day Trip offerings:

Redwood Regional Park

Tuesday, August 15, 9:00 am – 12:30 pm

Cost: \$5 (Class #19401)

Activity Level: Challenging Chargers (Must be able to walk on uneven surface)

Learn about the history of Redwood Regional Park while exploring the forest and wildlife. Funded in part by EBRPD.

**An American in Paris, Orpheum Theatre
Wednesday, Sept. 27, 12:30 pm – 5:45 pm**

Cost: \$90 (Class #19699)

Activity Level: Easy Street (Sitting/Walking)

Enjoy tis Tony Award-winning musical about an American soldier and mysterious French girl set in a post-war, indomitable and magical city.

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

Note 2018: Include Estate Letter.