



Making Connections • Staying Active • Living Well

September **September is National Senior Center Month!** 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!**

**Mastick Holiday Closure**

On **Monday, September 4**, Mastick Senior Center will be closed for the Labor Day holiday.

**Mastick Senior Center Receives Grant**

The Alameda County Board of Supervisors recently approved a grant in the amount of \$31,012 for Mastick Senior Center. The grant helps to defray Center staffing expenses. We are grateful for the support received from Alameda County and extend appreciation to the Alameda County Board of Supervisors **and the Area Agency on Aging for their ongoing commitment to Mastick Senior Center and the City of Alameda!**

**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, September 7.....Going in Style
- Thursday, September 14.....A Quiet Place
- Thursday, September 21.....Megan Leavey
- Thursday, September 28.....The Jerk

**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](http://www.arpdeplay.com) or the Mastick Office.

**Laughter 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  
Nov. 7 – Nov. 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.

**Posture & 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.

**Creative Writing**

Learn the art and craft of writing—creating art with words. This class includes weekly writing assignments, lectures, discussions, in-class writing exercises, and outside examples of poetry and literature. Join the class on **Tuesdays**, from 10:00 am to 1:00 pm in the Media Room. *Fees are determined at the onset of the class.*

**Mastick Kayaking for 50+**

See Alameda from an entirely new perspective via guided kayak tours around a variety of local haunts. Guides will provide brief safety and kayak operating training. Paddle time will be approximately two hours to and from starting location. Wear layers of warm, water-resistant clothing such as nylon. Apply sunblock and be sure to cover your head. Kayak, paddles and personal flotation devices will be provided. Meet at designated location\*. **Registration required, visit [www.arpdeplay.com](http://www.arpdeplay.com) or the Mastick Office.**

Oakland Estuary and Coast Guard Island  
Grand Street Marina (2099 Grand Street)\*  
Friday, Sept. 15.....9:30 am – 12:30 pm  
Cost: \$40 (Class #19477)

San Leandro Bay to Grand St. Marina  
Towata Park (3342 Bridgeview Isle)\*  
Friday, October 6.....9:30 a.m. – 12:30 pm  
Cost: \$40 (Class #19478)

Sunset Tour  
Encinal Boat Ramp (Central Avenue behind  
Encinal High School)\*  
Friday, October 27.....5:30 pm– 7:00 pm  
Cost: \$40 (Class #19479)

**Mastick Book Club**

On **Tuesday, September 5**, Book Club members will review “Shadow of the Wind” by Carlos Ruiz at 12:00 in Dining Room 2. “Crossing to Safety” by Wallace Stegner will be reviewed on **Tuesday, October 3**.

**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](http://www.arpdeplay.com) or the Mastick Office.**

**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](http://www.arpdeplay.com) or the Mastick Office.**

**AARP Smart Driver Refresher Course**

The AARP Smart Driver Refresher Course is 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). **Registration must be completed in the Mastick Office two days prior to the start date.**

**What’s the BUZZ?**

**Thursday, September 7, 1:00 pm, Room E**

Join Howard Perofsky and Ali Stoddard of Octavia Wellness to learn about medicinal cannabis products and the scientific effects in the senior community. Laws and economic impacts will be discussed. **Registration required, please call 747-7506.**

**Music Appreciation with Glenn Fong**

**Thursday, September 7, 1:30 pm, DR 2**

Join Glenn Fong, Volunteer, for a piano/vocal presentation and discussion of songs from the Great American Songbook featuring Academy Award winning songs from the 40’s, 50’s and 60’s.

**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](http://www.arpdeplay.com).**

**World Studies with Roger Baer**

On **Mondays**, beginning **September 11** (thru October 30), 9:30 am - 11:30 am, join Roger Baer, Volunteer Instructor, in Room E, for a regional study of the history and culture of major areas of the world. Class size is limited. Free! **Registration required, please call 747-7506.**

**Spanish for Beginners (Class #19389)**

On **Mondays (Sept. 11 – Oct. 30)**, 9:00 am – 10:00 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. **Registration required, visit [www.arpdeplay.com](http://www.arpdeplay.com) or the Mastick Office.**

**Spanish Conversation (Intermediate Level)**

Join Mirtha Ninayahuar, Instructor, on **Mondays (Sept. 11 – Oct. 30)**, 10:00 am - 12:00 in DR 2, for interactive role play, reading, and music. Cost: \$32. **Registration required, visit [www.arpdeplay.com](http://www.arpdeplay.com) or the Mastick Office. (Class #19388)**

**Introduction to the Alexander Technique**

**Tuesday, Sept. 12, 1:30 pm– 3:00 pm, Room E**  
Would you like to improve your posture, balance, and coordination? If yes, please join Lenka Fejt, certified Alexander Technique teacher for a free class on postural and movement re-education based on the Alexander Technique principles. **Registration required, please call 747-7506. (Class #19488)**

**PoleWalking to Maintain Balance & Mobility**

Jayah Faye Paley, Instructor, returns on **Tuesday, September 12**, from 12:30 pm to 3:30 pm in Room D to teach PoleWalking! Highlights: Improve balance, strengthen core muscles, and reduce falling. The cost is \$26 **(Class #19347)** for first time students/\$15 **(Class #19348)** for returning students. **Registration required, visit [www.arpdeplay.com](http://www.arpdeplay.com) or the Mastick Office.**

**10th Annual Ice Cream Social**

**Wednesday, Sept. 13, 12:30 pm, Courtyard, Cost: \$2 per sundae – Registration Required**  
Build your own ice cream sundae with ice cream and toppings provided by Tucker's Ice Cream. This annual event is sponsored by the MSCAB.

**Steady Now! Why We Lose Balance as We Age**

**Wednesday, Sept. 13, 1:00 pm, Media Room**  
Explore the physiological changes that occur in an aging body and how that increases the risk of falling. Find out how YOU can prevent falls! Sponsored by Elders Village and AEC Living. **Registration required, please call 747-7506.**

**Advanced Care Planning**

**Thurs., Sept. 14, 10:00 am – 11:30 am, Social Hall**  
Alameda County Supervisor Wilma Chan invites you to a FREE informational event on advanced care planning. Local senior serving agencies will provide valuable information on end of life topics to help you prepare for a secure future. Topics include arranging healthcare orders, preparing legal documents, and understanding palliative care options. **Registration required, please call 747-7506.**

**The Post-Truth Era: Fact or Fiction?**

**Mondays, Sept. 18 & 25 and October 2 & 9, 1:00 pm – 3:00 pm, Dining Room 2, Cost: \$48**  
Linda Pulliam, PhD., Sociology, Northwestern U.; Ed.D, language, University of Cincinnati  
Are we now in a Post-Truth Era? What exactly does this mean, and is it a valid claim? Does the "Truth" even exist? Professor Pulliam offers provisional answers to these questions, relying on historical philosophical, and cognitive perspectives. She'll trace the traditional methods Western societies developed in the quest for knowledge. So where do we now stand? In an age of "alternative facts," that's an excellent question. Join the search for an answer! This CSUEB Scholar-OLLI program is sponsored by the MSCAB. **Registration required, please call 747-7506.**

**Singapore, China and the U.S.**

**Tuesday, September 19, 1:00 pm in Rm D**  
Colonel Roger S. Dong, USAF, retired, and Foreign Area/China specialist for more than 30 years with the Dept. of Defense, 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.

**Heal Your Heart**

**Tuesday, September 19, 1:00 pm - 3:00 pm Room E, Cost: \$20 (Class #19480)**  
Join Helen Calhoun, Facilitator, to learn an easy to understand and follow routine for emotional healing of the heart center, which is the foundation for healing of body, mind and spirit. Based on Dr. Alexander Loyd's book, "The Healing Code". **Registration required, visit [www.arpdeplay.com](http://www.arpdeplay.com) or the Mastick Office.**

**Quilting with Kathleen Fennelly**

Kathleen Fennelly, Instructor, offers a quilting class that is enjoyable for new and experienced quilters. Cost: \$44 **Register at [www.arpdeplay.com](http://www.arpdeplay.com) or in the Mastick Office.**

**Thursdays: September 21 - December 7**  
9:30 am to 11:30 am.....(Class #19381)

**LGBT Peer Support Group**

Ken Werner, trained peer facilitator from the Pacific Center for Human Growth, will offer an LGBT Peer Support Group for individuals age 50 and older on the third Thursday of the month beginning **Thursday, September 21**, 10:30 am to 11:30 am in Room D. The Pacific Center is a non-profit organization serving the LGBTQ community of the East Bay. Registration is appreciated but not required. **To register, please call 747-7506. To stay for lunch, make a reservation by calling 747-7503.**

**Mastick Thrift Shop Fashion Show and Luncheon**  
**Thursday, September 21, 11:00 am – 2:00 pm**  
**Mastick Social Hall, Cost: \$20 per person**

Enjoy a delicious lunch, raffle contests, a beautiful fashion show featuring the theme, "Putting on the Ritz" and the opportunity to snap those fashions up from the on-site pop-up thrift shop.

**Yoga****Class #19275 (T) / Class #19278 (W)**

Rosemary McNally, Instructor, leads Yoga in Room A on Tuesdays (**Sept. 26 – Oct. 31**) from 10:30 am to 12:00 and Wednesdays (**September 27 – Nov. 1**) from 9:00 am to 10:30 am. Improve flexibility and balance while reducing stress. Cost: \$42 per session. **Registration required, visit the Mastick Office or [www.arpdeplay.com](http://www.arpdeplay.com).**

**Transportation 101****Tuesday, September 26, 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.**

**Computer Classes & More**

All programs require advance registration and take place in Room C unless otherwise noted. Please register online at [www.arpdeplay.com](http://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 & October 2****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.

**Windows 10****Mondays, October 9, 16, 23 & 30****Cost: \$50 (Class #19754)**

Learn to use major features of the Windows 10 Operating System.

**Cloud Computing****Thursdays, October 5, 12, 19 & 26****Cost: \$40 (Class #19367)**

Learn about free Cloud services to create and store files, edit and share documents, photos and art work.

**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 portable device(s) with you!

**Teens Teaching Technology—FREE****September 21, October 19, and November 16,****4:00 pm - 5:00 pm**

ARPD Teens 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!

**Birthday Party Celebration**

If you are celebrating a birthday in September, join us for cake and good cheer on **Thursday, September 28**, at 12:30 pm in Dining Room 2.

**Music Appreciation Class**

On **Thursday, September 28**, at 1:30 pm in Dining Room 2, join Bill Sturm, pianist, for a discussion and performance of "America's Master of Light Music: Leroy Anderson."

**Medical Cannabis: Is it Right for You?**

**Thursday, September 28, 1:00 pm, DR 1**

Join Sue Taylor, certified instructor and owner of ICANN Heath Center, a senior-focused Cannabis dispensary in Berkeley, to discover how cannabis can help people enjoy better health and provide an alternative to pharmaceuticals; explore the stigma that plagues the plant and decide if its benefits may be right for you. Learn about products and how to gain access to them. **Registration required, please call 747-7506.**

**In October...****American Sign Language (ASL)**

Learn alphabetic and numeric fingerspelling, shapes, greetings, simple sentences and games with Sheila Holmes, Instructor, on **Mondays** beginning **October 2**, in Room D. The class cost is \$30. **Registration required, visit the Mastick Office or [www.arpdeplay.com](http://www.arpdeplay.com).**

Beginning (Class #19216): 12:00 pm to 1:00 pm  
Continuing (Class #19214): 1:00 pm to 2:00 pm

**English as a Second Language (ESL)**

Learn English with Dolly Fong, Instructor, on **Tuesdays (October 3 – November 21)**. This class meets in Room D from 10:00 am to 12:00. Cost: \$20 per person. **Preregistration required. Registration required, visit [arpdeplay.com](http://arpdeplay.com) or the Mastick Office. (Class #18425)**

**From Blue Lines to Zambonis:  
Ice Hockey for the Beginner**

**Tuesday, Oct. 3, 10:00 am - 11:30 am, Room E**  
Join Ed Kallas, Recreation Supervisor I, to learn about equipment, how the game is played, and how the ice is prepared in this entertaining presentation. **Registration required, please call 747-7506.**

**Travel with Us!**

Register for travel programs online at [www.arpdeplay.com](http://www.arpdeplay.com) or in the Mastick Office. Learn about our Extended Travel opportunities, by contacting Ed Kallas, Recreation Supervisor I, at 747-7511.

**Current Monthly Day Trip offerings:**

**Mastick Trip: Redwood Forest Day  
Tuesday, September 19, 9:00 am - 12:30 pm  
Cost: \$5 (Class #19401)**

**Activity Level: Challenging Chargers (up to one hour of walking on an uneven surface)**  
Travel to Redwood Regional Park and explore our local forest, see the huge trees and learn about the animals that live there along with the fascinating history.

**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 this 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.**

**Apple Hill**

**Tuesday, October 17, 8:00 am – 6:00 pm  
Cost: \$60 (Class #19155)**

**Activity Level: Strenuous Striders (up to three blocks of walking at a time)**  
Start with an apple fritter snack. Then, enjoy a guided tour, including the history and development of Apple Hill. A delicious BBQ lunch will be served.

**Treasure Island and BAMPFA**

**Wednesday, Nov. 15, 11:00 am – 4:30 pm  
Cost: \$45 (Class #19392)**

**Activity Level: Strenuous Striders (up to three blocks of walking at a time)**  
Enjoy a four-course meal at the Job Corps Culinary Arts School on Treasure Island and a docent tour of the Berkeley Art Museum and Pacific Film Archive.

**Joe Woodard Portraits**

Joe Woodard, Volunteer, is available to take your photograph, thus creating a beautiful portrait. To make an appointment, please call 747-7506.

**We Want to HEAR from YOU!**

Deposit your suggestions, ideas, or concerns in our electronic Suggestion Box at [masticksuggestion@alamedaca.gov](mailto:masticksuggestion@alamedaca.gov) or in one of our Suggestion Boxes located in the Media Room or Social Hall. As always, we look forward to hearing from you.

**Mastick Member Survey**

At their August meeting, the Mastick Senior Center Advisory Board (MSCAB) reviewed the results of the member survey conducted by the MSCAB's Long Range Planning Committee from January 12, 2017 – March 10, 2017. The survey announcement was emailed to 1,568 members with a link to Survey Monkey and paper copies were available in the Lobby. This resulted in 431 responses (367 online and 64 paper) representing 14.8% of our current membership. The responses from the 2017 survey were greater than the 2013. The survey results are insightful and will serve as a resource when planning future programs and considering facility needs. To view the results, visit [www.mastickcenter.com](http://www.mastickcenter.com) and click on the membership tab on the toolbar. For more information, please contact Jackie Krause, Recreation Manager, at 747-7510 or [jkrause@alamedaca.gov](mailto:jkrause@alamedaca.gov).

**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](mailto:ekallas@alamedaca.gov) or 747-7511.

**In memory...**

Irene Rakochy and Joy Pratt

**Our condolences to family and friends.**

**Chair Yoga (Class #19266)**

Join Darlene Cruz, Certified Yoga Instructor, for Chair Yoga on Wednesdays (**October 4 – Nov. 8**) from 10:30 am to 11:45 am in the Social Hall. Cost: \$42. **Registration required, visit [www.arpdeplay.com](http://www.arpdeplay.com) or the Mastick Office.**

**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](http://www.mastickcenter.com)  
E-mail: [jkrause@alamedaca.gov](mailto:jkrause@alamedaca.gov)  
[ekallas@alamedaca.gov](mailto:ekallas@alamedaca.gov)

**Suggestion Box: [MastickSuggestion@alamedaca.gov](mailto: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 Hauser ..... President  
Mariel Thomas ..... Vice President  
Lorraine Meuleners ..... Treasurer  
Erna Simmons..... Corresponding Secretary  
Robert Frank ..... Recording 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.*

**Mastick Supporters...**

Mastick Senior Center has provided quality programs for over 37 years. Consider supporting Mastick Senior Center by remembering us in your estate. All donations are used for Mastick programs or facility maintenance. Contributions can be made payable to the City of Alameda, for the benefit of the Mastick Senior Center.

**During July, we extend a special thank you to the following members:**

Debra Albright (Lynn's of Alameda), Ellen Ball, C. Richard Bartalini, Leslie Bertrand, Dorothy Brandt, Dave and Vickie Case, William Dekleer Clarita Espino, Isabella Fahrney, George and Judy Furuichi, Fred Hofinger, Judy Jacobs, Siu Joe Ann Kenyon, Marlene Kerr, Daisy Lee, Mieko Moulton, Carolyn Queener and John Platt Edward S. Utsumi, and Annette Waite.