



Making Connections • Staying Active • Living Well

January Happy New Year! 2018

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

Schedule Change: The Thrift Shop will be closed through **Tuesday, January 2, and will reopen on Saturday, January 6.**

Mastick Holiday Schedule Changes

Center Closure

New Year's Holiday: Monday, Jan. 1
Martin Luther King, Jr. Day: Monday, Jan. 15

Notary Needed

For over 12 years, Warren Brunetti has voluntarily notarized countless documents for our members. Mr. Brunetti would like to pass the torch to a willing candidate before retiring. If you are available to notarize documents, please contact Jackie Krause, Recreation Manager, at jkrause@alamedaca.gov or 747-7510.

Talking Mystery... "Who Done It?"

From Sherlock Holmes to Kinsey Millhone, the mystery genre satisfies us with unforgettable characters, varying writing styles, and plot twists. What do all have in common? The age old fascination with "Who done it?" If a Mystery book club interests you, call the tip hotline at 747-7506.

Class Offerings on Bay Farm Island!

Thanks to Alameda Elders Services, the classes listed below are available at the **Water's Edge Lodge Multi-Purpose Room, 801 Island Drive, Alameda.** To register, visit www.alamedaca.gov/recreation or the Mastick Office.

Train Your Brain.....\$28
Tues./Thurs. (1/2 – 2/1).....11:00 am- 12:00
(Class #5706)

Using exercises from common cognition tests, this class is designed to challenge memory and prevent or reverse Mild Cognitive Impairment.

Get Balanced.....\$123
Mon./Wed. (1/22 – 4/11)....3:00 pm – 4:00 pm
(Class #5705)

Created by a team of physical therapists, this class is proven to prevent falls.

Thriving With Parkinson's.....\$83
Tues./Thurs. (2/6 – 3/29).....3:00 pm-4:00 pm
(Class #5697)

A comprehensive approach to combat the progression of Parkinson's symptoms based on principles from Physical, Occupational, and Speech Therapy.

Shakespeare...Interested?

To be or not to be... Are you intrigued by Shakespeare? Explore readings, acting, vocabulary, and gain a greater understanding of Shakespearean literature! Register your interest by calling 747-7506.

Mastick Book Club

On **Tuesday, January 2**, Book Club members will review "Elephant Whisperer" by Lawrence Anthony at 12:00 in Dining Room 2. On Tuesday, February 6, "A Man Called Ove" by Fredrick Backman will be reviewed. If you have any questions, please contact the Mastick Office at 747-7506.

Library Services for Homebound Residents

Upon request, the Alameda Free Library will deliver books to residents who are unable to visit the library or residing in convalescent hospitals. For more information, call 747-7742.

Creative Writing

Learn the art and craft of writing—making art with words. Enjoy weekly writing assignments, discussions, and in-class writing exercises. The class meets on **Tuesdays, beginning January 2**, 10:00 am - 1:00 pm in the Media Room. Cost: \$125 per month.

The Fundamental Art of Beading Jewelry I

Join Lee Daguman, Volunteer Instructor, on **Thursdays, January 4, 11, 18, and 25**, 1:30 pm – 3:30 pm in Room D, for this beginning class on creating beautiful jewelry. **Registration required**, visit the Mastick Office to register and for supplies list. Prerequisite: Participants bring supplies and have basic wire wrap skills.

Music Appreciation with Glenn Fong

On **Thursday, January 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 the music of lyricist Gus Kahn.

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:

- January 4.....Stronger
- January 11.....The Mountain Between Us
- January 18.....The Glass Castle
- January 25.....Funny Face

Fitness with Julie Manown

Jan. 8- May 11, 9:00 - 10:30 am, Social Hall
Julie Manown, Instructor, leads fitness instruction on Mondays and Fridays. **Register at www.alamedaca.gov/recreation or the Mastick Office.**

Mastick Senior Walking Group

Vicki Bell, Volunteer Facilitator, leads this group of walkers to various Bay Area locations using public transit! Join the fun by picking up a schedule in the Mastick Lobby. Walks resume **Monday, January 8!**

Spanish for Beginners (Class #5250)

On **Mondays (January 8 – March 12)** 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: \$35. **Register at www.alamedaca.gov/recreation or the Mastick Office.**

Spanish Conversation (Intermediate Level)

Join Mirtha Ninayahuar, Instructor, on **Mondays (January 8 – April 2)**, 10:00 am - 12:00 in DR 2, for interactive role play, reading, and music. Cost: \$43. **Register at www.alamedaca.gov/recreation or the Mastick Office. (Class #5249)**

Yoga

Class #5326 (T) /Class #5332 (W)

Rosemary McNally, Instructor, leads Yoga in Room A on Tuesdays (**January 9 – February 13**) from 10:30 am to 12:00 or Wednesdays (**January 10 – February 14**) from 9:00 am to 10:30 am. Cost: \$45. **Register at www.alamedaca.gov/recreation or the Mastick Office.**

Computer Classes

Computer instruction is offered from 1:00 pm - 3:00 pm in Room C. **Register at www.alamedaca.gov/recreation or the Mastick Office.** Prerequisite: Experience with Windows OS. **Flash drive required.**

Windows 10 Operating System

Tuesdays, January 9, 16, 23, & 30
Cost: \$43 (**Class #5023**)

Introduction to Computers

Thursdays, January 11, 18, 25; & Feb. 1
Cost: \$43 (**Class #5010**)

Fitness with Tatiana Stollman

Jan. 10 - May 2, 9:00 - 10:00 am, Social Hall
Cost: \$63 (Class #5046)

Tatiana Stollman, Instructor, leads fitness instruction on Wednesdays. Refer to the flier for details. **Register at www.alamedaca.gov/recreation or the Mastick office.**

AARP Smart Driver Refresher Course**Wednesday, January 10, 9:00 am – 1:30 pm**

The **refresher** course is available to individuals that have taken the standard course within the last four years. Fee: \$15/AARP members (membership number required) and \$20/non-AARP members. AARP requires **advance registration** and payment by check. Please visit the Mastick Office.

Chair Yoga (Class #5000)**On Wednesdays (January 10 – February 28)**

10:30 am to 11:45 am, Social Hall, enjoy the benefits of Yoga (flexibility, relaxation, and stress reduction) from the safety and stability of a chair. Cost: \$59. **Register at www.alamedaca.gov/recreation or the Mastick Office.**

Mastick Outdoor Exercise Equipment Clinic**Thursday, Jan. 11, 11:00 am, Courtyard**

Learn creative and efficient ways to use the outdoor fitness equipment.

New Member Orientation & YOU!

The New Member Orientation offers a guided-tour to introduce you to the Center, an information packet outlining the various programs and services, and a coupon for a complimentary lunch! Make a reservation to join us on **Thursday, January 11**, at 10:30 am by calling 747-7506.

Qigong with Robert Dorsett**Tues., Jan. 16 – Feb. 20, 9:00 am-10:00 am****Room A ~ Cost: \$52 (Class #5658)**

Qigong is an ancient discipline used for the purpose of enhancing the mind, body and spirit. **Register at the Mastick Office or www.alamedaca.gov/recreation.**

Learn How to Register for ARPD Classes**Tues., January 16, 9:15 am – 9:45 am, Rm C**

Join Mastick Staff to learn how easy it is to register for ARPD Classes online with our new ActiveNet registration program. Workshop will include a Q & A period. **Registration required, please call 747-7506.**

US Citizenship Preparation/ESL**Tues., Jan. 16 – March 6, 10:00 am – 12:00****Room D ~ Cost: \$23 (Class #5032)**

Prepare for the US Citizenship examination with Dolly Fong, Instructor.

Local Day Trip Program!

Register at www.alamedaca.gov/recreation or in the Mastick Office, Monday - Friday from 9:00 am - 3:00 pm. For more information or to learn about Extended Travel opportunities, contact Ed Kallas, RS I, at ekallas@alamedaca.gov or 747-7511.

Current travel opportunities include:**San Jose: The Tech Museum & Santana Row**
February 13, 8:30 am – 4:30 pm**Cost: \$78 (Class #5538)****Activity Level: Challenging Chargers (up to one hour of walking on an uneven surface)**

Travel to San Jose for shopping at Santana Row, lunch at the Yard House Restaurant and a visit to the Tech Museum of Innovation which includes entry to their IMAX theater experience.

Funding provided, in part, by Measures B/BB. Administered by Alameda County Transportation Commission (CTC).

Book Reading with Donna Marie Ferro**Tuesday, January 16, 1:00 pm, DR 2**

Join local author as she reads from her book, "Italy, the Embracing Circle: Il Circolo". She will guide readers around the beautiful country via her observations and personal stories.

Registration required, please call 747-7506.**Teens Teaching Technology--FREE**

On **Thursday, January 18**, 4:00 pm - 5:00 pm in Room C, ARPD Teens will assist individuals with personal portable devices (tablets, smart phones and laptops). Bring your portable device(s) with you. **Registration required, please call 747-7506.**

Annual Rose Pruning--FREE**Saturday, January 20, 10:30 am - 12:00****Lincoln Park (1450 High Street)**

East Bay Rose Society representatives will provide a rose pruning demonstration. After the demonstration, learn to prune roses like a pro by practicing on the roses at Lincoln Park.

Local Trip & Extended Travel Presentation**Monday, January 22, 10:00 am, Media Room**

Get two for one... Ed Kallas, Recreation Supervisor I, will review upcoming local trips with Jay Fehan, Collette Tours, providing an overview of extended travel opportunities including Discover South Dakota, Islands of New England and MORE!

Holocaust Survivor and WWII Veteran

Tuesday, January 23, 1:00 pm, Room D

Arthur Weil, B.A., M.A. in History, served in the U.S. Army during WW II, experienced the London Buzzbomb Raids in '44 – '45, was a member of the combat engineers, and acted as an interpreter for 400,000 German prisoners of war. Join us to learn more about his interesting life. **Registration required, please call 747-7506.**

Tech Basics for the Novice

Tuesdays, 1/23 – 2/20, 9:15 am – 9:45 am

Room C, Cost: \$10 (Class #5524)

Join Mastick Staff to learn tech basics including mobile device shortcuts, music access, social media, YouTube, and streaming videos. **Registration required, please call 747-7506.**

Online Housing Search Workshop

Thursday, Jan. 25, 10:30 am – 12:00, Rm C

Representatives from Alameda Family Services will facilitate this user-friendly workshop to provide assistance and step-by-step direction with online housing searches. **Registration required, please call 747-7506.**

Diabetes Support Group

The Diabetes Support Group, provided by the Alameda Co. Public Health Dept. Diabetes Program, meets at 1:00 pm in Room D on the fourth Wednesday of alternating months (**January 24**). To learn more, call 383-5185.

Birthday Party Celebration

Celebrating a birthday in January? Join us on **Thursday, January 25, 12:30 pm** in Dining Room 2 for cake and good cheer. **Be sure to mark your calendar and celebrate with us!**

Medieval Monsters and Dark Age Dragons

Thurs., January 25, 1:30 pm – 3:00 pm, DR 2
Jannie M. Dresser, M.F.A., English and Creative Writing, Mills College, will explore the myths and metaphors from ominous creatures in early English literary tradition. This CSUEB Scholar-OLLI program is sponsored by the MSCAB.

Music Appreciation Class

Join William Sturm, Volunteer Instructor, on **Thursday, January 25, 1:30 pm** in Dining Room 2 for a piano recital and discussion about tangos from various countries.

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 Woodridge

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

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Mariel Thomas Vice President

Lorraine Meuleners Treasurer

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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.

Calling All Mastick Artists!!!

Mastick members enrolled in classes offered at the Center are encouraged to participate in our next Multimedia Art Exhibit (Wednesday, February 14). Artwork Submission Forms are **NOW** available in the Mastick Office. **Submit completed forms with your artwork to the Mastick Office by Monday, January 29.**

Hearing Loss and Cognition

Tuesday, January 30, 1:00 pm, Room D

Anish Thakkar, Au.D, at Hearing Zone Oakland/Alameda, will describe current research on hearing loss and cognition, the role of the audiologist in health care, and general advice/strategies for effective communication. **Registration required, please call 747-7506.**

A Good Death

Wed., January 31, February 7 & 14

9:30 am - 12:00, DR 2

Talking about death is not for everyone. Yet some have longed to have a safe place to explore their feelings on death, even the possibility of a good death. Facilitating the discussion will be Laurel Yeates, local writer and budding thanatologist. **Registration required, please call 747-7506.**

Happy New Year!

Mastick Supporters...

The MSCAB and staff would like to extend a “special” thank you to the following individuals who have participated in our winter appeal campaign:

Eleanor Alperon, Barbara Anderson, Sheila Anderson, Loretta Anonas, Lucille Bailey, Barry Benioff, Kathleen Berquist, Mildred Black, Chris and Carlanne Boddum, Bob Bonino, Malyon Booth, Patricia Bowen, JuellaAnn Boyer, Dorothy N. Brandt, Pat and Marty Butensky, Davaadorj Byambaa, Sue Canfield, Robert and Linda Carloni, Donna Cheng, Ellen Chesnut, Claude and Diane Chin, N. Christin, Maria Corazon M. Co, June Colgan, Marchelle Collins, Karen Coulter, Sylvia and George Cunningham, Patricia Davis, Lydia de Garmeaux, Mili M. Delbecq, Elizabeth Dere, William Dere, Frank Derris, Dorrn Dessling, Bruce and Monica Devens, Luann DeWitt, Bill and Marilyn Dickerson, Janet Dietz, Marilyn Dodge, Joan C. Dykema, Vali Ebert, Roger and Judy Ecker, Eleanor Eis, Alan Engle, Isabella Gussoni Fahrney, Pamela Fernandez, Anna Fisher, Carol Fleitz, Nell Fliehmman, Noel and Cathy Folsom, Virginia Forbes, Dermot Fox, George and Judy Furuichi, Sara and Jean Gabriel, Mario and Albina Galetto, Dorie Gallinatti, Patricia Gannon, Teresa Garcia, Marlene Getz, Robert Gibbs, Patricia Glynn, Reuben and Ellen Goldberg, Mr. and Mrs. Bob Gronke, Mr. and Mrs. Frank Gutierrez, Lucy Gutierrez, Cathy Hagen, Earleen Hamlin, Robert Hammond, Yoko Hashimoto, Susan Haun, Paul and Susan Hauser, Martha Hawkins, Melinda Hayes, Mary Herman, Frances Herrera, Jovita Herrera, Joseph Houghton, James Hudkins, George Humphreys, William and Rosella Jackson, Elwin and Virginia Jang, Kathleen Jensen, Precilla Jones, Valeria Jones, Ann K. Juell, Anna Keim, Barbara Kennedy-Dalder, Marlene Kerr, Mary Ellen King, Peggy King, Marie Kinkade, Frances Kofranek, Toni Lajoie, Virginia Lam, Pat Lamborn, Alson and Lillian Lee, Fay Lee, Teresa Lee, Claudia Lewey, Rosemary Liao, Donald Lim, Katherine Lingley, Michael Lord, Loa Lovely, Alana Luchtman, Rosa Mageau, Takako Mainaga, Dorothy Mallia, Helen Marceovich, Kazuko Matsuda, William McClellan, Barbara McConnell, Harry McCurdy, Kathleen Mentch, Irma Mesterhazy, Laura Miller, Teresa Miller, Mary Mitsuda, Mr. and Mrs. James Moran, Hubert Morgan, Mary Louise Mott, Linda A. Moyal, Mae Nee, William Nelsen, Lupe H. Nevel, Grace Ng, Edwin Osada, Franklin Ow, Dennis Owens, Beth Pao, J. Michael Parish, Jean Parrington, Barbara Pearl, Alta Picchi, John Platt, Robert and Rochelle Pola, Fay and Mary Pon, Victoria Pond, Angie Power, Carolyn Queener, Shirley Quinteros, Barbara Regan, Alex and Dotti Reisbord, Randall Richardson, Nancy Ringer, V.R.A. Rivera, Raymond G. Robnett, David Ross, Walt and Marge Ryan, Joel Saldinger, Marta Sanfeliz-Aubert, Pat Saunders, Hisako Scalzo, Mary Irene Scott, Grant Scully, Dean Seaquist, Joseph Shahpar, Kathy Sherman, Kerry Shoji, Roleen Silva, Marilyn J. Slay-Schmidt, Leslie and Jim Sorenson, Hannele Spanfelner, Carol Steininger, Verne Stevens, Lolita Szeto, Kathy Szumiloski, Mary Takemoto, Mary Tarpley, Stephen Taylor, Maruush Tegshjavgal, Joan Tharp, Renee Thomas, Jim Thomas, Gary Thompson, Jim and Neva Thompson, Mitsuye Tobase, Zhanetta Vaysman, Gladys Velez, Siuyu Wai, Anna Wall, Elizabeth Walton, Geraldine Warner, Benjamin Warwick, Lee Watson, Tracy Webb (Nurse Next Door), Inge and Lothar Westerweck, Sidney R. Whisenant, Rose Anne White, Barbara Wildman, Alicia Williamson, Richard Wilson, H. Leabah Winter, Donna Wong, June Wong, Carol Young, Sharon Young, Sarah Yuen, Amy Yui, and the many anonymous donors.