



Making Connections • Staying Active • Living Well

October	Visit us at www.mastickcenter.com	2018
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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 11:00 am

Thrift Shop (Open to the public)

Tuesday & Saturday.....10:00 am to 2:00 pm

Join the fun as a volunteer or participant!

Anxiety

Monday, October 1, 1:30 pm, DR 2

Join Professor Breuning, Ph.D., professor emerita of management, CSUEB, and focus on how our brains perceive past threats and frustrations that result in anxiety. The more we know, the better we can be calm and thrive. This CSUEB Scholar-OLLI program is sponsored by the MSCAB. **To register, call 747-7506.**

Mastick Book Club

On **Tuesday, October 2**, Book Club members will review "World's Fair" by E.L. Doctorow at 12:00 in Dining Room 2. "Invisible Man" by Ralph Ellison will be reviewed on **Tuesday, November 6.**

Fitness Fun on Bay Farm Island!

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

Laughter Yoga (Class #6488).....\$53
Mon. & Wed. (Oct. 1 – Oct. 31)
10:15 am - 10:45 am

In 1995, Dr. Madan Kataria founded Laughter Yoga, a unique form of exercise combining playful laughter and deep breathing exercises.

Train Your Brain (Class #6487).....\$53
Wed. & Fri. (Oct. 17 – Nov. 16)
9:00 am - 10:00 am

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

Membership Renewal is Underway

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 3:30 pm. Sign up today!

English as a Second Language (ESL)

Tues., Oct. 2 – Nov. 20, 10:00 am – 12:00
Room D ~ Cost: \$23 (Class #5793)

Designed for non-native English speaking individuals. Emphasis on listening, speaking, pronunciation and writing. **Register at the www.alamedaca.gov/recreation or the Mastick Office.**

AARP Smart Driver Refresher Course

The **refresher** course is designed for those who have taken the standard course within the last three years and is offered on **Wednesday, October 3**, 9:00 am – 1:30 pm in Room D. The fee is \$15 (AARP members) and \$20 (non-AARP members). AARP requires **advance registration** and payment by check in the Mastick Office.

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:
October 4.....Jumanji
October 11.....Boundaries
October 18.....Murder on the Orient Express
October 25.....Magic

Music Appreciation with Glenn Fong

Thursday, October 4, 1:30 pm, DR 2

Join Glenn Fong, Volunteer, for a piano/vocal presentation and discussion of songs from the Great American Songbook featuring music of the Moon, Stars, and Dreams.

Computer Classes & More

Computer instruction is offered in Room C on the following Tuesdays, 1:00 pm – 3:00 pm. Cost: \$10 per class. **To register, visit www.alamedaca.gov/recreation or the Mastick Office. Bring a flash drive.**

Data Mining – You are the Product

October 2: (Class #6514)

Search Engines

October 9: (Class #6515)

Tablet Basics

October 16: (Class #6516)

Mobile Apps

October 23: (Class #6517)

Internet Based Services

October 30: (Class #6518)

Internet-Based Applications

Nov. 6: (Class #6519)

Teens Teaching Technology—FREE

October 18, 4:00 pm - 5:00 pm

ARPD Teens will assist you with your portable devices: tablets, smart phones, and laptops. Bring device(s) with you! **To register, call 747-7506.**

Issues in Bioethics

Mondays, October 8, 15, 22 & 29; November 5

1:30 pm - 3:30 pm, Room E, Cost: \$25

Bioethics, the study of moral conduct in life sciences and medicine, wrestles with complexities and dilemmas. Martin Benjamin, Ph.D., professor emeritus of philosophy, MSU, offers an overview and discussion of topics in this contentious field and how modern medical science prompts ethical quandaries. This CSUEB Scholar-OLLI program is sponsored by the MSCAB. **Register in the Mastick Office.**

How Changes in Medicare Affect Seniors

Tuesday, October 9, 1:00 pm, Room D

Join Abhas Gupta, Calyx Medicare Adviser, to learn how Medicare's changing business model affects seniors, healthcare, and insurance options. **To register, call 747-7506.**

Broadening Your Knowledge of Investing

Wed., Oct. 10, 10:00 am – 11:00 am, DR 2

Join Jane Watson, Edward Jones Financial Adviser, as she shares her knowledge about investing. **To register, call 747-7506.**

New Member Orientation & YOU!

The New Member Orientation offers a guided-tour and overview of programs and services to introduce you to the Center. Make a reservation to join us on **Thursday, October 11**, at 10:30 am by calling 747-7506.

LGBT Peer Support Group

Trained peer facilitators from the Pacific Center for Human Growth, offer an LGBT Peer Support Group on the second and fourth Wednesdays of each month (**October 10 & 24**), 1:30 pm - 3:30 pm in Dining Room 2. The Pacific Center is a non-profit organization serving the LGBTQ community of the East Bay. All welcome!

Ukulele Jam

Thursday, October 11, 1:30 pm, DR 2

Join Alameda's own Ukulele Jam Band and sing along or simply listen and enjoy! Band members will tell stories about the music and instruments. **To register, call 747-7506.**

Kayaking Crown Beach & Ballena Bay

Friday, October 12, 9:30 am – 12:00

Cost: \$53 per person/paddle (Class #6552) Paddle the west side of the island and enjoy a variety of birds and marine life. Meet at the Encinal Boat Ramp (Central Ave. behind Encinal High). **Register at the Mastick Office or www.alamedaca.gov/recreation.**

Joe Woodard Photo Portraits

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

Local Trip & Extended Travel Presentations

October 15, 9:00 am, Media Room

Ed Kallas, Recreation Supervisor I, will review upcoming local trips. A Premier World Discovery representative will provide overviews of extended travel opportunities including America's Music Cities, The French Riviera, Greece and Its Islands, and MORE!

Restorative Yoga**Tues., 10/16, 10:30am – 12:00 (Class #6498)****Wed., 10/17, 9:00 am -10:25 am (Class #6499)****Cost: \$13 per session ~ Social Hall**

Restorative Yoga is a sequence of longer held yoga poses that relax the body and quiet the mind. Meditation, a valuable tool to employ during difficult times, brings us back to ourselves. Adaptable standing or chair. **Register at the Mastick Office or www.alamedaca.gov/recreation.**

Transportation 101**Tuesday, October 16, 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! **To register, call 747-7506.**

Alexander Technique: The Art of Balance**Tuesday & Wednesday, October 16 & 17****1:00 pm – 2:30 pm, Dining Room 2****Cost: \$33 (Class #6555)**

Join Lenka Fejt, certified Alexander Technique Instructor, B.S. Exercise and Movement Sciences, and learn how to balance and move your body more efficiently with the Alexander Technique, a practical self-care method taught over 120 years worldwide.

Alameda Community Band

On **Tuesday, October 16**, at 7:30 pm, the Alameda Community Band will provide a **free** concert at the **Veteran's Memorial Building** (2203 Central Avenue). Open to the public.

Everything You Wanted to Know About Senior Housing but Were Afraid to Ask**Wed., October 17, 1:00 pm, Media Room**

Join a panel of experts including Justine Francis, Senior Real Estate Specialist, Chris Freck, Mortgage Broker, and Cheryl Champ, AEC Living Community Living Specialist. Sponsored by Elders Village and AEC Living. **To register, call 747-7506.**

In Memory...

Alex Reisbord

Our condolences are extended to family and friends.

The Mind Fit Series**Thursdays, Oct. 18, 25; Nov. 1, 8, 15 & 29****1:00 pm, Room E**

Just like the body, the brain will show signs of aging over time. While this is natural, there are positive lifestyle changes you can make to keep your mind sharper for longer. Sponsored by Home Care Assistance. **To register, call 747-7506.**

Using Poles for Balance, Mobility & Exercise**Thurs., Oct. 18, 9:00 am – 12:00, Room D****Cost: \$31 – new students; \$21-returning students; third-“timers” FREE (Class #6393)**

Easy-to-learn techniques enhance independence, reduce risk of falling, restore spine function, and improve posture and endurance. Strengthen muscles that support weight-bearing joints. Top quality poles & balance tips provided. **Register at the Mastick Office or www.alamedaca.gov/recreation.**

Alameda Hospital's Community Health Fair

The Alameda Hospital Community Health Fair (2070 Clinton Ave.) scheduled for **Saturday, October 20**, from 9:00 am - 12:00, offers a variety of **free** health screenings, activities, and exhibits for the family. **Be sure to get your flu shot!!**

Yoga: T (Class #6409) / W (Class #6365)

Dina Hondrogen, Instructor, leads Yoga in the Social Hall on **Tuesdays (October 23 – December 18)** 10:30 am - 12:00 and **Wednesdays (October 24 – December 19)** 9:00 am - 10:25 am. Yoga is a mind and body discipline designed to increase flexibility and balance. Cost: \$45. **Register at www.alamedaca.gov/recreation or the Mastick Office.**

Medicare & the Annual Enrollment Period**Tuesday, October 23, 1:00 pm, Room D**

Are you feeling overwhelmed by health care options? If so, attend the Health Insurance Counseling Advocacy Program (HICAP) presentation that will include: an overview of Medicare, options to consider during the Open Enrollment Period, and how to use the Medicare.gov website. **To register, call 747-7506.**

The CIL's Assistive Technology**Wednesday, October 24, 1:00 pm, Room E**

Assistive technology is any device created, adapted, or modified to assist somebody with completing a task. Discuss the different forms of assistive technology, eligibility for the program, and how to access resources. Sponsored by the Center for Independent Living (The CIL). **To register, call 747-7506.**

Hollywood Stars and Starlets Dance**Thursday, October 25, 1:00 pm - 3:00 pm**

Enjoy DJ-led dancing in the Social Hall and "Best Outfit" contest that reflects the theme! Refreshments. Cost: \$3.

Birthday Party Celebration

If you are celebrating a birthday in October, join us for cake and good cheer on **Thursday, October 25**, at 12:30 pm in Dining Room 2.

Music Appreciation ~ Les Trois Femmes

Join William Sturm, Volunteer Instructor, on **Thursday, October 25**, at 1:30 pm in Dining Room 2 for a piano recital and discussion of music by three prominent female French composers.

Local Authors Led "Mystery" Discussion

Celebrate Halloween and talk about mysteries with participating authors, Camille Minichino, Ann Parker and Terry Shames. Janet Dawson, local mystery writer, moderates the discussion on **Monday, October 29**, 1:00 pm in Room D. Books will be available for sale. **To register, call 747-7506.**

Hockey 101 – Blue Lines to Zambonis**Tues. Oct. 30, 9:00 am – 10:30 am, Room E**

Join Ed Kallas, 26-year official, coach, beer-league player and lifelong ice hockey fan, to learn why this sport has some of the most passionate fans! Examine equipment, watch videos and learn the fundamentals including rules, game strategy. **To register, call 747-7506.**

Heavy Lifting Required!

The Mercy Retirement Brown Bag Program is seeking volunteers to assist with this important food distribution program on the first and third Thursdays of the month from 7:45 am – 8:30 am at Mastick Senior Center. Volunteers must be able to lift 30 pounds. Interested? Visit the Mastick Office.

Caring for Pets & Caring for Yourself

On **Tuesday, October 30**, 1:00 pm in Rm D, join FAAS representatives to learn the health benefits of having a pet. If you are unable to have a pet, volunteering with the shelter helps the wellness of both you and the animals. **To register, call 747-7506.**

Trick or Treats at Mastick**Wednesday, October 31, at 12:00, DR I**

Join us as we give out treats to our costumed-neighbors from the ABC Preschool. Enjoy the festive costumes while handing out candy—good cheer and smiles included!

VIP Driver Program

LIFE ElderCare, a non-profit serving East Bay seniors, is launching a transportation services program to provide another option to assist with senior independence and well-being. Volunteer and paid driver positions are available. To learn more, join us on **Friday, November 2**, 1:00 pm – 3:00 pm, in Room E. **To register, call 747-7506.**

Kayaking Birding Marsh Exploration**Friday, November 2, 9:30 am – 12:00 pm**

Cost: \$53 per person/paddle (Class #6553) Explore local marshes - Arrowhead & Elsie Roemer while paddling in safe, stable double sea kayaks. Perfect for all abilities. Meet at Towata Park (3315 Bridgeway Isle). **Register at or www.alamedaca.gov/recreation or the Mastick Office.**

39th Annual Alameda Holiday Boutique**November 3 & 4, 10:00 am – 4:00 pm**

Albert H. DeWitt O'Club (641 W. Red Line Ave) Holiday shopping? Over 45 art and craft vendors selling handmade items (purses, jewelry, pottery, soaps, collectibles, and more). All welcome!

American Sign Language (ASL)

Learn alphabetic and numeric fingerspelling, shapes, greetings, simple sentences and games with Sheila Holmes, Instructor, on **Mondays (November 5 – January 28)** in the Media Room. Cost: \$35. **Register at www.alamedaca.gov/recreation or the Mastick Office.**

Beginning (**Class #6491**): 12:15 pm – 1:15 pm

Continuing (**Class #6493**): 1:15 pm – 2:15 pm

Qigong with Robert Dorsett

T: Nov. 6 – Dec. 18, 9:00 am – 10:00 am

Room A ~ Cost: \$60 (Class #6396)

Qigong is an ancient discipline practiced to enhance the mind, body and spirit in an effort to improve health and balance emotions. **Register in the Mastick Office.**

What's New in Geriatric Medicine and Care

Tuesday, November 6, 1:00 pm, Room D

Dr. Anita Gaind, Calyx Health, will share the latest updates on cancer screenings, diabetes management, hypertension, immunizations and more, based on the 34th Annual Review of Geriatric Medicine. Sponsored by Calyx Health. **To register, call 747-7506.**

Sitting & Moving In/Out of a Chair

Tuesday & Wednesday, November 6 & 7,

1:00 pm – 2:30 pm, Room E

Cost: \$33 (Class #6554)

Join Lenka Fejt, certified Alexander Technique Instructor, B.S. Exercise and Movement Sciences, and learn to move comfortably in and out of a chair with the principles of the Alexander Technique, a practical self-care method taught over 120 years worldwide. **Register at www.alamedaca.gov/recreation or the Mastick Office.**

Chair Yoga (Class #6363)

Join Tiana Meriage-Reiter, Certified Yoga Instructor, for Chair Yoga on **Wednesdays (November 7 – January 9)** from 10:35 am to 11:50 am in the Social Hall. Cost: \$59. **Register at www.alamedaca.gov/recreation or the Mastick Office.**

Did you know...

When recycling your batteries, place them in a clear, zipper lock bag **on top of (not inside)** your **blue** recyclable household bin (no car batteries allowed) and Alameda County Industries (ACI) will pick them up on your designated garbage day.

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

Marief Thomas President

Lola Brown Vice President

Lorraine Meuleners Treasurer

Erna Simmons..... Corresponding Secretary

Robert Frank Recording Secretary

Directors

Patricia Bowen, Vicki Bell, Mary Foss, Paul Hauser, Lisa Jasper, Deanna Satterwhite, Bill Soares, Jim Thomas, 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.

Mastick Senior Center thanks the following organizations for their wonderful financial support: City of Alameda, Mastick Senior Center Advisory Board, Alameda County Area Agency on Aging, and Alameda County Transportation Commission.

Local Day Trip Program!

To learn about Extended Travel opportunities or monthly trips, contact Ed Kallas, RS I, at ekallas@alamedaca.gov or 747-7511. Register at www.alamedaca.gov/recreation or the Mastick Office.

Current travel opportunities include:

Cirque Du Soleil (Volta)

Class #6512

Friday, December 14, 3:00 pm – 8:00 pm

\$84 (Meal not included)

Activity Level: Moderate Movers (Up to two blocks of walking at a time)

Experience Volta under the big top and enjoy a captivating voyage of discovery.

Crocker Art Museum

Class #6938

Tuesday, January 22, 8:15 am – 4:00 pm

\$60 (Meal included)

Activity Level: Moderate Movers (Up to two blocks of walking at a time)

Delight in the Crocker Art Museum collections which include California art, master drawings, European paintings, ceramics, and more. Enjoy lunch at Seasons 52 Restaurant.

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

