



MASTICK SENIOR CENTER

Making Connections • Staying Active • Living Well

November

Visit www.mastickcenter.com

2018

Mastick Holiday Closures

Mastick Senior Center will be closed on the following dates:

Veteran's Day – Monday, November 12
Thanksgiving Holiday -Thursday, November 22
Friday, November 23
Saturday, November 24

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
Note: Bingo will be canceled on Saturday, November 24, due to the Thanksgiving holiday.

Thrift Shop (Open to the public)

Tuesday & Saturday.....10:00 am to 2:00 pm
Note: The Thrift Shop will be closed on Tuesday, November 20, and Saturday, November 24, due to the Thanksgiving holiday.

Annual Thrift Shop Fashion Show & Luncheon

The Annual Thrift Shop Fashion Show & Luncheon held on Thursday, September 20, netted over \$1,800 for Mastick programs. A special thank you is extended to the Thrift Shop volunteers, Alameda Rotarians, and Mastick members for helping to make the event a SUCCESS!

Property Tax Postponement (PTP) Program

The State Controller's Property Tax Postponement (PTP) Program allows eligible homeowners who are 62 years of age, blind, or have a disability to defer current-year property taxes on their principal residence. Qualified homeowners must meet several requirements, including but not limited to, having 40% equity in their home and an annual household income of \$35,500 or less. Annual reapplication is required to demonstrate continued eligibility. The 2018-19 application filling runs through February 10, 2019. Funds are limited and disbursed on a first-come, first-served basis. To learn more, visit www.sco.ca.gov/ptp, call 800-952-5661, postponement@sco.ca.gov.

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:
Nov. 1.....Three Identical Strangers
Nov. 8.....Jurassic World: Fallen Kingdom
Nov. 15.....Ocean's 8
Nov. 22.....**Center Closed**
Nov. 29.....Don't Worry, He Won't Get Far on Foot

Music Appreciation with Glenn Fong

On **Thursday, November 1**, 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 memorable songs about Me, Myself and I.

Kayaking Birding Marsh Exploration

Friday, November 2, 9:30 am – 12:00 pm
Cost: \$53 per person/paddle (Class #6553)
Explore Arrowhead & Elsie Roemer marshes while paddling in stable double sea kayaks. Perfect for all abilities. Meet at Towata Park (3315 Bridgeway Isle). **Register at www.alamedaca.gov/recreation or the Mastick Office.**

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.**

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

Albert H. DeWitt O'Club (641 W. Red Line Ave)
Featuring over 45 art and handcraft vendors (jewelry, pottery, soaps, and more).

Daylight Saving Time Ends

Remember to set clocks back one hour on **Sunday, November 4!** This is a good time to replace batteries in smoke and carbon monoxide detectors, remote controls, and other electronic devices. Also, consider rotating or assembling disaster supplies. **Recycle used/unwanted batteries by placing 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.**

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 at the Mastick Office.**

In Memory...

Charles Wolf

Our condolences are extended to family and friends.

What's New in Geriatric Medicine and Care

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

Dr. Anita Gaiand, 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.**

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.**

Internet-Based Applications

Nov. 6: (Class #6519)

Create a Greeting Card – MS Publisher

Nov. 13: (Class #6520)

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**Social Media (Class #6522) - FREE**

**Dec. 6 & 13, 10:00 am – 11:30 am**

**Teens Teaching Technology—FREE**

**November 15, 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!

**Tech Help with Jiten Patankar--FREE**

**Mondays, 11:00 am - 12:00, Mastick Office**

One-on-one assistance with smart phones, iPads/tablets, and laptops. Bring your portable device(s)! **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](http://www.alamedaca.gov/recreation).**

**Mastick Book Club**

On **Tuesday, November 6**, Book Club members will review the first half of "Invisible Man" by Ralph Ellison at 12:00 in Dining Room 2. The remaining chapters will be reviewed on December 4.

**We Want to HEAR from YOU!**

Deposit 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.

**Chair Yoga (Class #6363)**

Join Tiana Meriage-Reiter, Certified Yoga Instructor, 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](http://www.alamedaca.gov/recreation) or the Mastick Office.**

**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, November 8**, at 10:30 am by calling 747-7506.

**Pickleball Programs Lincoln Park  
(1450 High Street)**

**Learn To Play! (Class #6507)**

Saturday, November 10, 8:30 am - 10:30 am  
Cost: \$28

**Pickleball Skills (Class #6508)**

Saturday, November 10, 11:00 am - 1:00 pm  
Cost: \$28

**Drop-In Pickleball--FREE**

**Wed. & Sat., 10:30 am - 12:00  
(Reserved for 50 + Crowd!)**

Meet new friends and improve your fitness level with Pickleball! This sport features small paddles, whiffle balls, low hanging nets and a court quarter the size of tennis. Loaner paddles available. For details, contact Ed Kallas, RS I at 747-7511 or [ekallas@alamedaca.gov](mailto:ekallas@alamedaca.gov).

**The Last Gift Box**

**Tuesday, November 13, 1:00 pm, Room D**

Join Tina Cole Kreitz, Author, to explore how to organize your papers, your wishes for your death and plans you want your family to follow after you die. Learn how discuss these very important issues. The Last Gift Box book and forms will be available for purchase. **To register, call 747-7506.**

**Thrift Shop Sale**

Beginning **Tuesday, November 13**, take advantage of the Mastick Thrift Shop's half-off sale. Exceptions apply.

**LGBT Peer Support Group**

Trained facilitators from the Pacific Center for Human Growth, offer an LGBT Peer Support Group on the second and fourth Wednesdays of each month (**November 14 & 28**), 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!

**Something to Smile About**

**Wed., November 14, 1:00 pm, Media Room**

Richard Tabor, DDS, will discuss the impacts of oral hygiene on your health! Find out what new techniques are available to help maintain an optimally healthy mouth! Sponsored by Elders Village and AEC Living.

**Birthday Party Celebration**

We will be celebrating your November BIRTHDAY on **Thursday, November 15 (note date change)**, at 12:30 pm in Dining Room 2! Enjoy cake and good cheer with friends!

**Music Appreciation**

Join William Sturm, Volunteer Instructor, on **Thursday, November 15 (note date change)** at 1:30 pm in DR 2, for a "Musical Grab Bag". Enjoy a review of composers featured during 2018.

**Annual Community Thanksgiving Feast**

On **Thursday, November 22**, 11:00 a.m. – 2:00 p.m., Christ Episcopal Church (1700 Santa Clara Avenue) invites you to Thanksgiving Dinner. All welcome!

**What to do with all this Stuff?**

**Tuesday, November 27, 1:00 pm, Room D**

Learn tools to talk with family and friends about your treasures and where they will go when you downsize or die. Tina Cole Kreitz, Author and Workshop leader, will support and motivate you through this daunting task!

**Jewelry Sale in the Mastick Lobby**

On **Monday, December 3**, 10:00 am to 2:00 pm, the Mastick Thrift Shop will be selling gently used jewelry in the Mastick Lobby!

**Registration for Fall Classes Begins...**

Effective **Monday, December 3**, at **7:45 am (9:00 am** for Quilting classes), members may begin registering for classes. Start early by using your smartphone, laptop, or tablet, to visit [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation). Otherwise, staff will be available to assist you in the Mastick Office at 9:00 am.

**Mastick Holiday Art Boutique**

**Tuesday, Dec. 4, 10:00 am – 2:00 pm**

In the Mastick Social Hall, shop for unique one-of-a-kind handcrafted gifts and boutique items made in Mastick classes!

**Holiday Sing-Along**

**Thursday, Dec. 6, 10:00 am – 11:30 am**

In the Media Room, ignite the cheer of the season by singing along with ABC Preschool children, Mastick’s ASL students and Jim Franz & Band. Refreshments and Santa!

**Alameda Sings! Holiday Concert – FREE**

On **Friday, December 7**, at 7:30 pm, Alameda Sings! (Alameda Community Chorus) under direction of Kathryn Neale Manalo, will present holiday favorites at the Veteran’s Building, 2203 Central Avenue. Open to the public. For more information, call 748-9087.

**Holiday Tree Lighting, Caroling & MORE**

Share in the fun at the Mayor’s Holiday Tree Lighting Ceremony on **Saturday, December 8**, from 4:30 pm – 7:00 pm in front of City Hall, 2263 Santa Clara Avenue.

**Community Band Holiday Concert - FREE**

On **Friday, December 14**, at **7:30 pm**, the Alameda Community Band under the direction of Michael L. Wirgler, will present holiday favorites at the Veteran’s Building, 2203 Central Avenue. Open to the public.

**Red Cross Home Fire Campaign**

The Red Cross Home Fire Campaign helps save lives by installing **free** smoke detectors in homes and apartments and providing education about home fire safety. Smoke detectors should be present on every floor of your home, bedrooms, and hallways. **There are no income limitations!** To have a 10-year smoke detector(s) installed in your home along with fire safety education, call 595-4573.

**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 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**

- Mariel 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](mailto:ekallas@alamedaca.gov) or 747-7511. Register at [www.alamedaca.gov/recreation](http://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 – 4:15 pm**

**\$60 (Meal included)**

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

Delight in the Crocker Art Museum collection and an enjoyable lunch at Seasons 52 Restaurant.

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