



Making Connections • Staying Active • Living Well

December

Happy Holidays!!!

2018

MSCAB Fundraising Activities

The Mastick Senior Center Advisory Board (MSCAB) along with Center volunteers are instrumental in initiating and 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

Schedule Change: Due to the holiday season, Bingo will be canceled on **Saturday, December 29**. Bingo will be offered on Saturday, January 5.

Thrift Shop (Open to the public)

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

Shop the half-off sale in December
(restrictions apply).

Schedule Change: The Thrift Shop will be closed **Tuesday, December 18**, through **Tuesday, January 1**, and will reopen on **Saturday, January 5**.

Mastick Holiday Schedule Changes

Mastick Senior Center's holiday hours are as follows:

Center Closure

Christmas Holiday: Tuesday, December 25

New Year's Holiday: Tuesday, January 1

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!

Register for Winter/Spring Classes...

Effective **Monday, December 3**, at **7:45 am** (**9:00 am** for Quilting classes), members may begin registering for classes. Start early by visiting **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!

Mastick Book Club

On **Tuesday, December 4**, Book Club members will review the last half of "Invisible Man" by Ralph Ellison at 12:00 in Dining Room 2. "Anything is Possible" by Elizabeth Strout will be reviewed on January 8.

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!

Mastick Movie Schedule

Enjoy the **Mastick Movie Matinee** and **free** popcorn on Thursdays at 1:00 pm in the Media Room. The schedule is as follows:

December 6.....Won't You Be My Neighbor

December 13.....The Spy Who Dumped Me

Dec. 20.....Mamma Mia: Here We Go Again

December 27.....Rebecca

We want to HEAR from you!

Share your suggestions with us by sending an email to masticksuggestion@alamedaca.gov or depositing a note in the Suggestion Box located in the Media Room or Social Hall. Thank you for sharing your thoughts with us!

Music Appreciation with Glenn Fong

On **Thursday, December 6**, 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 Irving Berlin and White Christmas.

Computer Classes & More

Computer instruction is offered in Room C. **To register, visit the Mastick Office or www.alamedaca.gov/recreation. Bring a flash drive.**

Social Media (Class #6522) - FREE

Dec. 6 & 13, 10:00 am – 11:30 am

Intro. to Computer (Class #6823) - \$43

January 8, 15, 22, & 29 1:00 pm – 3:00 pm

Teens Teaching Technology

Thursdays, January 17, 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! Space is limited. **To register, call 747-7506.**

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.**

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.

Hot Chocolate Season!

On **Tuesday, December 11**, 11:00 am in the Mastick Lobby, enjoy the Hot Chocolate Bar offering hot chocolate, flavored syrups and lots of toppings! Sponsored by Home Care Assistance.

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 (**December 12 only**), 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!

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, December 13**, at 10:30 am by calling 747-7506.

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.

MSCAB Scholarship Eligibility Requirement

The MSCAB Scholarship Program is available to members once per quarter offsetting up to 50% (not to exceed \$50) of fees at a maximum of \$200 per year. **This program is funded by MSCAB fundraising programs, Bingo and Thrift Shop.** Members applying for the MSCAB Scholarship Program need to certify that their income meets the low income limit set by HUD for our area. This ensures that funding is available for members on a tight budget. For assistance, please visit the Mastick Office.

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.

Holiday Food Baskets and More

Help your neighbor by depositing non-perishable food items in the barrels located in the Lobby. For food assistance, contact the Alameda Food Bank at 1900 Thau Way or call 523-5850.

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)

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.

SF Symphony Open Rehearsal

Class #6970

Thursday, February 7, 8:30 am – 3:30 pm

Cost: \$68 (Meal Included)

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

Peek behind-the-scenes and experience an SF Symphony performance in the making. Then, enjoy lunch at The Beach Chalet.

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

Alzheimer's Caregiver Support Group

The Alzheimer's Caregiver Support Group meets from 10:00 am to 11:30 am in Room D on the **second** and **fourth** Thursday of the month. This group is for individuals caring for a loved one with Alzheimer's disease or dementia. Facilitated by the Alzheimer's Association.

Transportation 101

Tuesday, December 18, 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! **To register, call 747-7506.**

Birthday Party Celebration

Celebrate your special day on **Thursday, December 27**, at 12:30 pm in Dining Room 2. Enjoy cake, music, and good cheer with friends!

In January 2019...

Annual Rose Pruning

Saturday, January 5, 10:30 am - 12:30 pm

East Bay Rose Society members will provide a rose pruning demonstration. Time will be allocated for "Q & A" pertaining to rose care. Learn to prune roses like an expert by practicing your skills on the roses at Lincoln Park.

Fitness with Julie!

Exercise to music while getting a total body workout: warm-up, stretching, chair exercise, low-impact cardio, weight training, floor/mat exercise and cool down. Class easily modified for all fitness levels. Instructor: Julie Manown. **Register in the Mastick Office or www.alamedaca.gov/recreation.**

Mondays (Class #6737): Jan. 7 – April 22

Fridays (Class #6955): Jan. 7 – April 22

M/F (Class #6956): Jan. 11 – April 19

Quilting with Kathleen Fennelly

Kathleen Fennelly, Instructor, offers a quilting class that is enjoyable for new and experienced quilters. **Register at www.alamedaca.gov/recreation or the Mastick Office.**

Mondays: January 7 - May 20 ~ Cost: \$83

(Class #6744) 9:30 am to 11:30 am

(Class #6745) 1:00 pm to 3:00 pm

Thursdays: January 10 - May 23 ~ Cost: \$83

(Class #6746) 9:30 am to 11:30 am

(Class #6747) 1:00 pm to 3:00 pm

Spanish for Beginners (Class #6751)

On **Mondays (January 7 – March 11)** 9:00 am – 10:00 am in Room D, join Juanita Palkovic, Instructor, to learn Spanish in an interactive and relaxed atmosphere with a focus on listening, speaking, reading and writing. Cost: \$35. **Register at the Mastick Office or www.alamedaca.gov/recreation.**

Drawing and Painting Class**Class #6742 (M) or Class #6743 (F)**

Join Mi'Chelle Fredrick, Instructor, on **Mondays (beginning January 7)** from 12:30 pm to 3:30 pm or **Fridays (January 11)** from 9:30 am to 12:30 pm in the Skill Center for art instruction (lesson/lecture), independent study, and group critique. Cost: \$73 + plus materials expenses. **Register at the Mastick Office or www.alamedaca.gov/recreation.**

Creative Writing

Learn the art and craft of writing—making art with words. Enjoy weekly writing assignments, discussions, and in-class writing exercises. Class meets **Tuesdays, beginning January 8**, 10:00 am - 1:00 pm in the Media Room. Cost: \$80 per month.

Yoga: T (Class #6758) / W (Class #6760)

Dina Hondrogen, Instructor, leads Yoga in the Social Hall on **Tuesdays (January 8 – February 12)** 10:30 am - 12:00 and **Wednesdays (January 9 – February 13)** 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.**

Qigong with Robert Dorsett

Tues., Jan. 8 – Feb. 12, 9:00 am-10:00 am
Room A ~ Cost: \$52 (Class #6710)

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

In Memory...

Tillie Barlie, William Heck and Elinor Lahaie

Our condolences to family and friends.

English as a Second Language (ESL)

Tues., Jan. 8 – Feb. 26, 10:00 am – 12:00
Room D ~ Cost: \$23 (Class #6736)

Designed for non-native English speaking individuals. Emphasis on listening, speaking, pronunciation and writing. **Register at the Mastick Office.**

Strength Training & Cardio

Jan. 9 – May 1, 9:00 am - 10:00 am, Room A
Move to music and gain the benefits of resistance (strength-building) training designed to develop bone density, muscle mass, cardiovascular strength. Warm up and cool down included. Class easily modified for all fitness levels. Instructor: Tatiana Stollman. **Register at www.alamedaca.gov/recreation or the Mastick Office. (Class #6771)**

AARP Smart Driver Course

On **Wednesdays, January 9 & 16**, from 9:00 am to 1:00 pm in Room D, the AARP Smart Driver **Standard** Course will be offered in two, four-hour sessions for those age 50+. **Register and pay in the Mastick Office at least one day prior to class.** Cost: \$15 AARP members or \$20 non-members (payable by check ONLY).

Beginning/Intermediate Ceramics

Thurs. (Jan. 10 - March 14), Skill Center

Join Bonnie Boller, Instructor, to learn hand-building, sculpture and throwing on the potter's wheel. Cost: \$114 + \$30 supply fee due to the instructor on the first day of class. **Register at www.alamedaca.gov/recreation or the Mastick Office.**

Beginning (Class # 6728): 9:30 am - 12:00

Advanced (Class # 6729): 12:30 pm - 3:00 pm

Pickleball Clinics

Intermediate (Class #7218)

9:00 am - 11:00 am

Pickleball Skills (Class #6968)

11:00 am – 1:00 pm

Lincoln Park, Cost: \$28 per clinic

On **Thursday, January 10**, Marcia Neishi, Certified Instructor, will guide you from the very basics to having fun in a game environment. Enjoy a lifetime of fun on the court with the fastest growing sport among the 50+ crowd.

Dream Workshop

Th: Jan. 10 – 31, 1:00 pm – 2:30 pm, Rm E
 Dreaming is a rich universal event with many roads of interpretation. Share your dreams in a group with Dr. Bob Doerr as your guide. He has led dream groups for 30 years. Have some fun and fascination.

Bead Jewelry ~ Making & Repairing

Join Lee Daguman, Volunteer Instructor, on **Thursdays, beginning January 10, 1:30 pm – 3:30 pm** in Room D, for this introduction to bead jewelry. Register in the Mastick Office and receive supplies list. Prerequisite: Participants bring supplies and have basic wire wrap skills.

Travel Tips & Navigation Using Technology
Friday, January 11, 1:00 pm, Room E

Join Center for Independent Living (CIL) staff to learn safe travel tips when using public transit. This class is required to attend the transportation outings on Fridays, January 18 & 25.

René Magritte

Mon., Jan. 14, 1:30 pm – 3:30 pm, DR 2
Avril Angevine, Candidate in Philosophy,
Comparative Lit., UCB

Bowler hats, large apples, pipes that aren't pipes—René Magritte's paradoxical images are among the most familiar and fascinating of the 20th century. Magritte began in the Surrealist idiom but experimented with a variety of styles before moving back into his own distinctive, "hypertrophic" style in the 1950s. His creations with their wild shifts of scale and context create a mixture of mystery, illusion and reality. This CSUEB Scholar-OLLI program is sponsored by the MSCAB.

AMP Medical Discount Program

AMP offers a 10% medical discount (excluding state and local taxes) to help customers reduce the impact of higher electricity costs for operating health maintenance equipment. Requirements include: Service address must be the applicant's year-round primary residence and completion of an AMP Medical Discount application along with a letter from the applicant's doctor. For information, visit www.alamedamp.com or call 748-3900.

Spanish Conversation (Intermediate Level)

Join Mirtha Ninayahuar, Instructor, on **Mondays (January 14 – April 1), 10:00 am - 12:00** in DR 2, for interactive role play, reading, and music. Cost: \$43. **Registration required, visit www.alamedaca.gov/recreation or the Mastick Office. (Class #6750)**

Fitness Fun 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.** To register and for information, visit www.alamedaca.gov/recreation or contact the Mastick Office.

Get Balanced.....\$123
M/W (1/14 – 4/10).....3:00 pm – 4:00 pm
(Class #6762)

Learn exercises for vision and vestibular systems, strength, flexibility, proprioception, and quick reflexes. Will practice the "After A Fall Recovery Sequence" and progress from mostly seated to mostly standing.

Train Your Brain.....\$28
T/Th (1/22 – 3/14).....9:00 am- 10:00 am
(Class #6765)

Using exercises from common cognition tests, this class is designed to challenge memory and prevent or reverse Mild Cognitive Impairment. Strategies will be given for those who are already experiencing changes in memory and discussions will be had about what is a normal part of aging and what is cause for concern.

Egyptian Folkloric Dance Class - FREE

On Fridays from 9:00 am- 10:30 am in Room A, join Roberta Trowbridge, Volunteer Instructor, for an introduction to Middle Eastern dance designed for beginners. Gentle movements are taught at a slow pace using cymbals, veils and canes.

**The Art of Experiencing Photographs
Tuesday, January 15, 1:00 pm, Room D
Cost: \$5 per person**

Jeff Dunn, Lecturer, will discuss what makes great photography. Photos are made not just to be made, but SEEN. How we do this can greatly affect our insight into the meaning and enjoyment of not only others' photography, but our own. Mr. Dunn is president of the Alameda Photographic Society, served as a judge for the Northern CA Council of Camera Clubs for many years, and has exhibited his photography at the Frank Bette Center and other local venues. His photography has won accolades at numerous international competitions endorsed by the Photographic Society of America. **Register at the Mastick Office.**

**Mystery Book Discussion Group Returns
Wednesday, January 16, 1:00 pm, Rm D**
Join Mary Lou Coss, Volunteer, and other lovers of this most popular genre for lively discussions of history, unforgettable characters, styles, locales and plot twists. Discover "Who done it?" **To register, call 747-7506.**

Chair Yoga (Class #6730)
On **Wednesdays (January 23 – March 20)** 10:35 am to 11:50 am, Social Hall, enjoy the benefits of Yoga (flexibility, relaxation, and stress reduction) from the safety and stability of a chair. Cost: \$66. **Register at www.alamedaca.gov/recreation or the Mastick Office.**

Stained Glass & Mosaics
Experience the beauty of creating art with glass in varying colors and textures. **To register, visit www.alamedaca.gov/recreation or the Mastick Office.**

Beginners and Intermediate
Mondays, January 28 – March 25
9:00 am– 12:00
Cost: \$43 (Class #6752)
\$30 supply fee to the instructor at the first class

Intermediate
Wednesdays, January 30 – March 27
12:00 – 3:00 pm
\$43 (Class #6753)
\$30 supply fee to the instructor at the first class

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

- 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.

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 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.

From July through mid-November, the following individuals made in-kind or monetary donations to the Center. We extend a special thank you to the following members:

Anonymous, Lina Au, Linda Benson, Leslie Bertrand, Alexandrian Bain B. Black, Patricia Bowen, Viola Bryson, Mahera Carim, D.R. Case, Larry Fitzsimmons, Louis and Susan Freeman, Rikki Henneman, Patricia Gail Ishino, Charles Hwang, Judy Jacobs, Lisa Jasper, Lynne Judson, Ann Kenyon, Sandra Chinn Kiyomura, Roberta Langren, The Dennis Lim Family, Millie Lum, Karen McEligot, Lilly Nelson, Lillian Nunes, Lynn Parks, Jean Parrington, Marilyn Rothman, Mary Scott, Annette Waite, Niaz Yosofzay, and Marita Yanisch.