



Making Connections • Staying Active • Living Well

February

“Visit us at www.mastickcenter.com”

2018

Mastick Holiday Closure!

Mastick Senior Center will be closed on **Monday, February 19**, for Presidents’ Day.

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

Call for Nomination...

The Nominating Committee is recruiting members to fill vacant Mastick Senior Center Advisory Board (MSCAB) positions. The members serving on the MSCAB are FANTASTIC—however, we always welcome new members with fresh ideas to join the ranks! Candidates must:

- **be members of Mastick Senior Center for at least 90 days in the current enrollment year prior to nomination;**
- **express an interest in the welfare of the Center and senior issues;**
- **attend Mastick sponsored events and meetings;**
- **actively create awareness and advocate on behalf of the Center; and**
- **give approval and indicate his/her willingness to serve.**

Applications are available in the Mastick Lobby. Completed applications will be accepted in the Mastick Office through **Friday, February 23. All welcome!**

The World Come to Alameda

Mastick Senior Center is proud to announce the publication of a new book containing a collection of memoirs by 32 active members entitled, "The World Comes to Alameda." A joint book signing event will be held at the Alameda Free Library this winter. Advanced copies of the book are available for sale at \$10 each 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:

- February 1.....20th Century Women
- February 8.....Dunkirk
- February 15.....Victoria & Abdul
- February 22.....The Out of Towners

Music Appreciation with Glenn Fong

On **Thursday, February 1**, at 1:30 pm in DR 2, join Glenn Fong, Volunteer, for a piano/vocal presentation of songs from the Great American Songbook featuring Hoagy Carmichael and Cole Porter.

Free Tax Preparation Services @ Mastick

On **Monday, February 5**, AARP Tax Assistance Program volunteers will provide **free** tax preparation services to low and middle income individuals with special attention to those 60 and older. To schedule an appointment, please call **747-7501** or visit the Mastick Lobby between 9:00 am and 3:30 pm. **If you are uncertain whether you need to file a tax return, a tax volunteer is available to assist you on Mondays from 1:00 pm to 2:00 pm in Room E. This program is sponsored by AARP, IRS, Franchise Tax Board and the MSCAB.**

In Memory...

George Tarr

Our condolences to family and friends.

**Health Insurance Counseling Advocacy
Program (HICAP) and
Legal Assistance for Seniors (LAS)
Workshops**

HICAP and LAS will provide **free** community education presentations at 1:00 pm in Room D as follows:

Tuesday, February 6:

Low Income Assistance with Care Costs

Tuesday, February 27:

The ABC's of Long Term Care (LTC) Insurance

Tuesday, March 6:

Advance Health Care Directives

Tuesday, March 20:

Seniors' Guide to Public Benefits

Tuesday, March 27:

Keeping Elders Safe: An Overview of Elder Abuse

To register, please call 747-7506 or visit the Mastick Office.

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.

**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.

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.** Flash drive required.

Windows 10 Refresher

(Prerequisite: Experience with Windows OS)

Tuesdays, February 6, 13, 20, & 27

Cost: \$43 (Class #5488)

Introduction to Computers

Thursdays, February 8, 15, 22; & March 1

Cost: \$43 (Class #5011)

Mastick Book Club

On **February 6**, Book Club members will review "A Man Called Ove" by Fredrik Backman at 12:00 in Dining Room 2. On Tuesday, March 6, "A Gentleman in Moscow" by Amor Towles will be reviewed.

AARP Smart Driver Course

On **Wednesdays, February 7 & 14**, 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).

Lead Awareness Information

Wed., Feb. 7, 11:00 am – 1:00 pm, Lobby

The Alameda County Healthy Homes Department will provide information on lead hazard control grants, safety, and poison prevention.

New Member Orientation & YOU!

The New Member Orientation offers a guided-tour and review of programs and services to introduce you to the Center. Make a reservation to join us on **Thursday, February 8**, at 10:30 am by calling 747-7506.

USA and North Korea:

Avoid the Thucydides Trap

Join Roger Dong, Volunteer Instructor, on **Thursday, February 8**, 1:00 pm – 2:30 pm in Dining Room 2, as he discusses the "Thucydides Trap" a phrase coined by Graham Allison, author of "Destined for War", which refers to when a rising power causes fear in an established power which escalates towards war. **Registration required, please call 747-7506.**

All Invited... Multi-Media Art Exhibit

Join us in the Mastick Lobby on **Wednesday, February 14**, at 10:30 am for an artists' reception. Mastick Artists will be exhibiting artwork created in Mastick Senior Center classes (e.g., beading jewelry, ceramics, creative writing, drawing and painting, quilting, stained glass, and more). Refreshments served.

Romantic Relationships Thrive at Any Age
Wed., February 14, 1:00 pm - 2:00 pm, DR 2
 Join Dr. Natalie Gelman, Life Coach and Clinical Psychologist, as she discusses important topics related to romantic relationships and the golden years. She will field questions and allow members to share experiences. Dr. Gelman has been practicing for 42 years and is currently writing a book on aging. **Registration required, please call 747-7506.**

LGBT Peer Support Group

Ken Werner, trained peer facilitator from the Pacific Center for Human Growth, offers an LGBT Peer Support Group on the third Thursday of each month (**February 15**), 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. All welcome!

Teens Teaching Technology--FREE

On **Thursday, February 15**, 4:00 pm to 5:00 pm in Room C, ARPD Teens will assist members with portable devices such as tablets, smart phones and laptops. Bring your portable device(s) with you. **Registration required, please call 747-7506.**

Yoga - T (Class #5328)/ W (Class #5333)

Join us for Yoga in Room A on **Tuesdays (February 20 - March 27)** from 10:30 am to 12:00 and **Wednesdays (February 21- March 28)** from 9:00 am to 10:30 am. Yoga is a mind and body discipline designed to increase flexibility and balance. Cost: \$45. **Register at the Mastick Office or www.alamedaca.gov/recreation.**

Outsmarting the Scammers

Tuesday, February 20, 1:00 pm, DR 2

Jane Watson, Financial Advisor at Edward Jones, will share sound financial strategies. **Registration required, please call 747-7506.**

Transportation 101

Tuesday, February 20, 1:00 pm, Room D

Join Victoria Williams, Paratransit Coordinator, for an overview of the various transportation options available to Alameda residents. Questions encouraged!

Email Made Easy

Join Joe Brandt, Volunteer, on **Tuesday and Thursday, February 20 & 22**, 9:00 am – 11:30 am in Room C, for the A – Z of email. **Registration required, please call 747-7506.**

Sex & Intimacy

Wednesday, Feb. 21, 1:00 pm, Media Room
 Join Isadora Alman, MFT, for a presentation on how aging may impact how we view sex and intimacy. Sponsored by Elders Village and AEC Living. **Registration required, please call 747-7506.**

Music for Health and Nourishment of Life

Join Donna Stoering, Artist, on **Thursday, February 22, 10:00 am – Noon**, Media Room, to learn how music and musicians from diverse backgrounds “radiate” life through art. **Registration required, please call 747-7506.**

Birthday Party Celebration

Celebrate your special day on **Thursday, February 22**, at 12:30 pm in Dining Room 2. Enjoy cake, music, and good cheer with friends!

Spanish Romantic: Joaquin Turina

Join William Sturm, Volunteer Instructor, on **Thursday, February 22**, at 1:30 pm in Dining Room 2 for a piano recital and discussion about the lush, lyrical music of one of Spain's most beloved composers.

Stained Glass & Mosaics

Learn to express in stained glass. Create in beautiful colors and textures for your first project. **To register, visit the Mastick Office or www.alamedaca.gov/recreation.**

Beginners & Intermediate

Mondays, February 26 – April 30,
 9:00 am– 12:00

Cost: \$43 (Class #5251)

\$30 supply fee to the instructor at the first class

City Bicycling Basics

Wed., February 28, 1:00 pm – 2:00 pm, DR 2
 Riding a bike to shopping or transit is a great way to save money, stay fit, and help the environment all in one! At this workshop you'll learn about outfitting your bike, rules of the road, planning a route, and more. Classroom workshop, no bike required. Minimum of 10 attendees required. **Registration required, please call 845-7433, ext. 2.**

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: Tech Museum & Santana Row
February 13, 9:15 am – 5:00 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 the IMAX theater.

Legion of Honor & de Young Museums

March 16, 8:30 am – 5:15 pm

Cost: \$73 (Class #5591)

Activity Level: Strenuous Striders (up to three blocks of walking at a time)

Enjoy Casanova: The Seduction of Europe, (Legion of Honor), & Bouquets to Art, (de Young) with lunch at Pompei's Grotto.

Lindsay Wildlife Experience

April 18, 9:30 am – 3:30 pm

Cost: \$48 (Class #5324)

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

Experience raptors, rodents and much more. Discover species native to California and beyond. Lindsay's mission includes rehabilitation and education. Then, lunch at Stanford's Restaurant and Bar.

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

Offerings for March 2018~

American Sign Language (ASL)

Learn alphabetic and numeric fingerspelling, shapes, greetings, simple sentences and games with Sheila Holmes, Instructor, on **Mondays** beginning **March 5**, in Room D. Cost: \$33. **Register at the Mastick Office or www.alamedaca.gov/recreation.**

Beginning (Class #5186): 12:00 to 1:00 pm
Continuing (Class #5214): 1:00 pm to 2:00 pm

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

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, 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.

Chair Yoga (Class #5001)

Join Tiana Meriage-Reiter, Certified Yoga Instructor and Integrative Physical Therapist, for Chair Yoga on **Wednesdays (March 7 - April 25)** from 10:30 am to 11:45 am in the Social Hall. Cost: \$59. **Register at www.alamedaca.gov/recreation or the Mastick Office.**

Pickleball for Ages 50+

**Wed., March 14- April 18, 6:00 pm - 7:30 pm,
Cost: \$21 (Class #5183)**

Pickleball is a hybrid of Ping-Pong and Tennis and the fastest growing, senior-friendly sport in America. Enjoy fun drop-in games played to 11 on the honor-system (self-referee) at Lincoln Park (1450 High Street). Equipment available. **Register at the Mastick Office or www.alamedaca.gov/recreation.**

Friends of the Alameda Free Library

The Friends of the Alameda Free Library, a volunteer organization, that increases public awareness of the Library, supports developing services and facilities, and funds projects, equipment, and the goals of the Library. To learn more, visit www.alamedafriends.com.



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Dear Members,

Over the years, our members have been very generous by remembering Mastick Senior Center as part of their estate planning. As you plan or revise your estate, we hope that you consider participating in the Mastick Senior Center Legacy Giving Program and leaving a bequest to the City of Alameda, for the express benefit of the Mastick Senior Center. We are proud of the services and programs we've offered to many thousands of seniors in Alameda for more than 37 years. Your thoughtful bequest will help us continue our good work.

Through proper estate planning, you may bequeath any portion of cash, property or the proceeds of a life insurance policy to the City of Alameda, for the benefit of Mastick Senior Center. In order to do so, you and your attorney or estate planning advisor must include language in your estate documents that expresses that intent.

If you wish to learn more about creating a will, living trust or other estate planning documents, we suggest you consider attending the "Estate Planning: Tips, Traps, and Solutions" Workshop provided by Paul D. Hunt on **Tuesday, June 5, 2018**, at 1:00 p.m. in Dining Room 2. This workshop is free, but seating is limited. For more information, call (510) 523-2100. To enroll, call the Mastick Office at 747-7506.

If you have questions about the Mastick Senior Center Legacy Giving Program, please contact Jackie Krause, Recreation Manager, at jkrause@alamedaca.gov or (510) 747-7510.

Thank you for considering Mastick Senior Center.

Sincerely,

Mastick Senior Center Advisory Board (MSCAB)