



Making Connections • Staying Active • Living Well

March	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 11:30 am

Thrift Shop (Open to the public)

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

Is Your Membership Current?

Individuals participating in programs offered at Mastick Senior Center are required to be members of the Center. For this period (FY 17-18), members should possess a PINK membership card. Membership is free and available to individuals 50 years of age and older. Members are required to show their membership card when registering for classes or upon request by staff or instructors. **Registration forms are available in the Mastick Lobby.** Thank you for registering today!

Have You Had Lunch at Mastick Lately?

Why cook when you can enjoy a delicious lunch prepared by Spectrum Community Services! Lunch is served Monday through Friday at 12:00 in Dining Room I. This meal is available to individuals 60+ years of age for a suggested **donation** of \$3.75. Reservations are required and can be made Monday through Thursday, 11:15 am to 12:00 in Dining Room I or by calling 747-7503.

Free Tax Preparation Services @ Mastick

AARP Tax Assistance Program volunteers are providing *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.***

Music Appreciation with Glenn Fong

On **Thursday, March 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 the music of Hoagy Carmichael.

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:

- March 1.....All the Money in the World
- March 8.....Phantom Thread
- March 15.....Lady Bird
- March 22.....My Dog Skip
- March 29.....Molly's Game

The World Comes to Alameda

Join us on **Sunday, March 4**, 2:00 pm – 4:00 pm, Alameda Main Library Stafford Room (1550 Oak Street), for a book signing of “The World Comes to Alameda”. This collection of memoirs by 32 active Mastick members is available for purchase in the Mastick Office for \$10. Enjoy refreshments and a chance to win an autographed copy of the book at the event!

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

HICAP and LAS provide **free** community education presentations to Alameda County residents. Presentations are held in Room D at 1:00 pm.

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

Tuesday, April 17 - Citizenship for Seniors: A Step-by-Step Workshop to Naturalization

Tuesday, April 24 - Consumer Fraud: Scams Targeting Seniors and Tips for Protection and Prevention

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

Computer Classes

Computer instruction is offered from 1:00 pm - 3:30 pm in Room C. **Registration required, visit www.alamedaca.gov/recreation or the Mastick Office.** Prerequisite: Experience with Windows OS. **Flash drive required.**

Cloud Computing

Tuesdays, March 6, 13, 20 & 27

Cost: \$43 (Class #5909)

Learn to use the Cloud to create and store files, edit and share documents, photos, and artwork; order groceries, meals, supplies and transportation. Check home security, locate lost keys, lost animals and more.

Smart Technology

Thursdays, March 8, 15, 22 & 29

Cost: \$43 (Class #5913)

Learn to use Smart devices (appliances, phones, watches, fitness bands, key chains and more) to utilize internet resources that perform a wide range of functions from regulating household appliances, ordering products, doing research and playing media.

American Sign Language (ASL)

Learn alphabetic and numeric fingerspelling, shapes, greetings, simple sentences and games with Sheila Holmes, Instructor, on **Mondays** beginning **March 5, 1:00 pm – 2:00 pm**, Media Room. Cost: \$33. **Register at www.alamedaca.gov/recreation or the Mastick Office. (Class #5214)**

Mastick Book Club

On **Tuesday, March 6**, at 12:00 in Dining Room 2, Book Club members will review "A Gentleman in Moscow: A Novel" by Amor Towles. On April 6, "My Grandmother Asked Me to Tell You She's Sorry" by Fredrik Backman will be reviewed.

Chair Yoga

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. (Class #5001)**

Qigong with Robert Dorsett

Tues., March 6- April 17, 9:00 am-10:00 am Room A ~ Cost: \$52 (Class #5659)

Qigong is an ancient discipline used for the purpose of enhancing the mind, body and spirit in an effort to improve health, balance emotions, and slow down the aging process. The focus is on correct posture and movement, proper breathing and guided intention. **Register at www.alamedaca.gov/recreation or the Mastick Office.**

New Member Orientation

The New Member Orientation is a MUST and 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! Join us on **Thursday, March 8**, at 10:30 am in the Media Room. **Registration required, please call 747-7506.**

Spring Forward in March!

Daylight Saving Time arrives on **Sunday, March 11**, and serves as a reminder to set clocks ahead one hour. This is a reminder to replace batteries in smoke/carbon monoxide detectors, remote controls, and other electronic devices.

US Citizenship Preparation/ESL

Tues., March 13 – May 1, 10:00 am – 12:00

Room D ~ Cost: \$23 (Class #5034)

Prepare for the US Citizenship examination with Dolly Fong, Instructor. **Register at the Mastick Office or www.alamedaca.gov/recreation.**

Heal Your Heart

Tues., March 13, 1:00 pm – 2:30 pm, DR 2

Cost: \$23 (Class #5523)

Join Helen Calhoun, Certified Acupressurist, to learn an easy-to-understand and follow routine for emotional healing of the heart center, which is the foundation for healing of body, mind and spirit. Based on Dr. Alexander Loyd's book, "The Healing Code". **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.**

The Last Gift Box

Wednesday, March 14, 1:00 pm, Room D

Join Tina Kreitz, Volunteer, to explore how to organize your papers, wishes for your death and plans you want your family to follow after you die. Learn how to talk to your family about these very important issues. Books and supplemental forms will be available for purchase, \$15 - \$40. **Registration required, please call 747-7506.**

Kayak Marsh Tour (Class #5621)

On **Friday, March 16**, 9:30 am – 12:30 pm, Towata Park (3315 Bridgeway Isle), meet Joe Stack, owner of *Stacked Adventures*, to explore Arrowhead Marsh, a rich marshland filled with a variety of shorebirds and marine life. **Register at the Mastick Office or www.alamedaca.gov/recreation. (Cost: \$53)**

Spanish for Beginners (Class #5478)

On **Mondays (March 19 – May 7)** 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. Designed for all skill levels. Cost: \$35. **Register at www.alamedaca.gov/recreation or the Mastick Office.**

Sleep Tips & Tricks

Wed., March 21, 1:00 pm, Media Room

Join representatives from the CA Center for Sleep Disorders for a discussion on tips and tricks for a better night's sleep. Sponsored by Elders Village and AEC Living. **Registration required, please call 747-7506.**

Finlandia: Music of Jean Sibelius

Join William Sturm, Volunteer Instructor, on **Thursday, March 22** at 1:30 pm in Dining Room 2, for a piano recital and discussion of music by Finland's greatest composer.

Obligations to Future Generations

Thurs., March 22, 1:30 pm – 3:00 pm, Rm D Martin Benjamin, Ph.D., professor emeritus of philosophy, Michigan State University, explores the tension between two conflicting considerations: our own convenience, comfort, and desire to consume and obligations to future generations. Come join the debate! This CSUEB Scholar-OLLI program is sponsored by the MSCAB. **Registration required, please call 747-7506.**

In Memory...

Mathias "Matt" Gabel, Edith Julian and Rosemary McNally

Our condolences to family and friends.

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:

Legion of Honor and the de Young Museum Class #5591

Friday, March 16, 8:00 am – 4:45 pm

Cost: \$73 (Lunch included)

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

Enjoy “Casanova: The Seduction of Europe” at the Legion of Honor and “Bouquets to Art” at the de Young. Lunch at Pompei’s Grotto.

Lindsay Wildlife Experience

Class #5324

Wednesday, April 18, 9:30 am - 3:30 pm

Cost: \$48 (Lunch included)

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. Lunch at Stanford’s Restaurant and Bar.

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

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 (**March 28**). To learn more, call 383-5185.

Discover Baseball All Over Again

Thursday, March 29, 1:00 pm, DR 2

Join Ed Kallas, Recreation Supervisor I, to discover interesting facts about baseball that you did not learn on T.V. Examine unwritten rules that all players, managers and coaches live by. Learn how to “score” a game. Decipher the terms used by T.V. analysts and broadcasters. Share your lifetime of baseball memories with the group. **Registration required, please call 747-7506.**

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.

Help Us Serve You Better...

- 1) Preregistering for programs will ensure there is a seat awaiting you upon your arrival.
- 2) When attending classes at the Center, please arrive to the assigned classroom at least 10 minutes before the program start time. Entering the room after the program is in session is inconsiderate and distracting to the instructor and participants. Thank you!

AARP Smart Driver Course

On **Wednesdays, April 4 & 11**, 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).