



Making Connections • Staying Active • Living Well

April

Visit us at www.mastickcenter.com

2018

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 11:15 am

Thrift Shop (Open to the public)

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

MSCAB General Membership Meeting

On **Wednesday, April 18**, the MSCAB will hold the Annual General Membership meeting at 9:30 am in Room D. At this meeting, members will vote on the slate of candidates approved on March 21 by the MSCAB. **All members are welcome to attend!** The proposed slate of candidates is as follows:

Officers: Mariel Thomas, President; Lola Brown, Vice President; Lorraine Meuleners, Treasurer; Erna Simmons, Corresponding Secretary; Robert Frank, Recording Secretary.

Directors (2018-19): Patricia Bowen and Paul Hauser

Director (2018-20): Vicki Bell, Mary Foss, Bill Soares, Jim Thomas, and Jerry Yarbrough

Alameda Loop Shuttle

The City of Alameda offers **free** shuttle service for Alameda residents to and from popular destinations. Three different schedules are available with service offered on **Tuesdays, Wednesdays, and Thursdays** from 8:30 am to 4:00 pm. Seniors and individuals with disabilities receive priority seating. For more information, call 747-7513. This program is funded by *City of Alameda Measures B/BB funds*.

A World of Thanks!

National Volunteer Week, observed April 15 – 21, is a special time to recognize and celebrate the efforts of our remarkable volunteers. They play an integral role in the operation and success of Mastick Senior Center and they will be honored for their service and commitment by the Mastick Senior Center Advisory Board and staff on **Thursday, April 12**. Our program is supported by over 200 volunteers, contributing **over 27,000** hours of service representing an in-kind savings of \$586,650 to the City of Alameda. Volunteers support leadership initiatives, fundraising programs and contribute in all aspects to make the Center a place of enrichment. Volunteers are the backbone of Mastick Senior Center, and their selflessness, hard work, and energy are the core of our program. Our volunteers are dedicated to creating a welcoming, engaging, rich and human experience for our members.

We owe our volunteers a world of thanks for their kindness and commitment! We feel every day should be National Volunteer Week, and therefore request that you respect and acknowledge their valued efforts.

Fast-Twitch

Water's Edge Lodge, 801 Island Dr.

Mondays (April 2 – May 14)

2:00 pm - 3:00 pm, Cost: \$43 (Class #5708)

Many seniors decide independently or in collaboration with others to stop driving due to changes in vision, hearing, memory, or response time. As we age, response time and fitness of "fast-twitch" muscle fibers deteriorate. This class will train those "fast-twitch" muscle fibers and quick reflexes to keep you as independent as possible. **Register at www.alamedaca.gov/recreation or the Mastick Office.**

Computer Classes

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

**Browsers: Navigating Internet Sites
Tuesdays, April 3, 10 & 17**

Cost: \$33 (Class #5910)

Learn about browser and privacy settings.

File Management

Thursdays, April 5, 12, 19 & 26

Cost: \$43 (Class #5911)

Learn to organize, protect, and back-up files.

Yoga: T (Class #5329)/ W (Class #5334)

Dina Hondrogen, Instructor, leads Yoga in the Social Hall on **Tuesdays (April 3 - May 8)** from 10:30 am to 12:00 and **Wednesdays (April 4 - May 9)** from 9:00 am to 10:30 am. Yoga is a mind and body discipline designed to increase flexibility and balance. Enjoy stress reduction and relaxation. Each six-week session is \$45. **Register at www.alamedaca.gov/recreation or the Mastick Office.**

Mastick Book Club

On **April 3**, at 12:00 in Dining Room 2, Book Club members will review "My Grandmother Asked Me to Tell You She's Sorry" by Fredrik Backman. On May 1, the club will review "Those Who Leave and Those Who Stay" by Elena Ferrante.

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:

- April 5.....Downsizing
- April 12.....The Shape of Water
- April 19.....Kingsman: The Golden Circle
- April 26.....Sunrise

Health Insurance Counseling and Advocacy Program (HICAP)

On Tuesdays, a trained HICAP Counselor is available by appointment to provide free and objective information about Medicare and healthcare options. To schedule an appointment, call 747-7506.

Music Appreciation with Glenn Fong

On **Thursday, April 5**, 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 Jimmy McHugh and Dorothy Fields.

**Learn How to Register for ARPD Classes Online
Tuesday, April 10, 9:15 a.m. – 9:45 a.m.**

Join Mastick Staff in Room C to learn how easy it is to register for ARPD Classes online. Emphasis will be placed on frequently asked questions to staff at Mastick Senior Center. **Registration required, please call 747-7506.**

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

Staying Safe on the Internet

Wednesday, April 18, 1:00 pm, Media Room
The Alameda Police Department will provide tips for remaining safe when using the Internet for banking, shopping, and entertainment. Sponsored by Elders Village and AEC Living. **Registration required, please call 747-7506.**

"Who Done It" Mystery Book Discussion

Join Mary Lou Coss, Volunteer, on the third Wednesday of each month (**April 18**) at 1:00 p.m. in Room D, to discuss the mystery genre. Discuss the history, unforgettable characters, varying writing styles, locales and plot twists. **To register, please call 747-7506.**

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:**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.

Moss Landing Elkhorn Slough Safari**Class #5318**

Tuesday, May 15, 8:30 am – 6:30 pm

\$71 (Lunch Included)

Activity Level: Challenging Chargers (Up to five blocks of walking at a time)

Join us for a guided adventure through Elkhorn Slough, one of California's largest wetlands. Catch sea otters, harbor seals and scores of migrating birds in their natural habitat. Lunch at Phil's Fish Market.

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

Mastick is on YouTube

Thanks to Barry Benioff, Jeff Cambra, Gloria Lightfoot, and the late Joy Pratt, there are many videos on YouTube highlighting the programs offered at Mastick Senior Center. Visit <https://youtu.be/Cm-LxgCvF4o> and search "Mastick Senior Center". To view the most recent video select "Staying Fit." This is a great way to share our programs with family and friends!

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, April 19**, at 10:30 am by calling 747-7506.

**Using Poles: Balance, Mobility & Exercise
Thursday, April 19, 9:00 a.m. – 12:00, Rm D**

Cost: \$31 new students (Class #5335)

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. Class size limited. **Register at www.alamedaca.gov/recreation or the Mastick Office.**

Teens Teaching Technology--FREE

On **Thursday, April 19**, 4:00 pm - 5:00 pm in Room C (Computer Lab), ARPD Teens will assist and familiarize individuals with personal portable devices such as tablets, smart phones and laptops. Bring your portable device(s) with you. **Registration required, please call 747-7506.**

Kayaking: Sea Plane Lagoon

Friday, April 20, 9:30 am – 12:30 pm

Cost: \$53 per person/paddle (Class #5622)

Paddle past the "seal dock", the Navy Reserve Fleet, the USS Hornet, and the outer Rockwall. Meet at **Encinal Boat Ramp**. **Register at www.alamedaca.gov/recreation.**

Annual Earth Day Festival

Celebrate the planet at the Annual Earth Day Festival on **Saturday, April 21**, from 10:00 am to 3:00 pm at Washington Park (740 Central Avenue). Come and explore the Alameda Loop Shuttle while visiting the Mastick booth!

Diabetes Workshop

Mondays, April 23 – June 18

1:00 pm – 3:00 pm, Rm E

Alameda County Public Health Department is offering a six-week workshop designed for individuals with Type 2 Diabetes or who are pre-Diabetic. Learn how to: manage your Diabetes and medication; monitor blood sugar, stress and physical activity; and enjoy foods you love while controlling your Diabetes. **Registration required, please call 747-7506.**

Transportation 101

On **Wednesday, April 25** at 1:00 pm in 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! **Registration required, please call 747-7506.**

Pickleball for Ages 50+

Wed., April 25 – May 30, 6:00 pm - 7:30 pm, Cost: \$21 (Class #5184)

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.**

Birthday Celebration

Celebrating a birthday in April? Join us on **Thursday, April 26**, at 12:30 pm in Dining Room 2 for cake and good cheer!

Music Appreciation Class

Join William Sturm, Volunteer Instructor, on **Thursday, April 26** at 1:30 pm in Dining Room 2, for a piano recital and discussion featuring music inspired by spring.

American Sign Language (ASL)

Learn alphabetic and numeric fingerspelling, shapes, greetings, simple sentences and games with Sheila Holmes, Instructor, on **Mondays (April 30 – June 25)** from 1:00 pm – 2:00 pm, Media Room. Cost: \$33. **Register at www.alamedaca.gov/recreation or the Mastick Office. (Class #5216)**

Qigong with Robert Dorsett

Tues., May 1 – June 5, 9:00 am - 9:45 am Room A ~ Cost: \$52 (Class #5660)

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.**

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.

Tai Chi Classes

**Thursdays, 9:10 am – 11:40 am, Rm A
Cost: \$4 per class or \$6 per two classes**

Chunyan Su La, Instructor, three Tai Chi classes to improve strength, coordination and flexibility. Achieve greater awareness and calmness. Add vitality to your life! Classes are as follows:

9:10 am – 10:00 am	24 Steps Tai Chi
10:10 am – 10:50 am	Tai Chi Silk Reeking Exercise(8 Section Brocade/Tendon Changing Qigong
10:50 am – 11:40 am	Intermediate Tai Chi

Chair Yoga (Class #5550)

Join Tiana Meriage-Reiter, Certified Yoga Instructor, for Chair Yoga on **Wednesdays (May 9 – June 27)** from 10:30 am to 11:45 am in the Social Hall. Cost: \$59. **Register at www.alamedaca.gov/recreation or the Mastick Office.**