



MASTICK SENIOR CENTER

Making Connections • Staying Active • Living Well

May

National Senior Health & Fitness Day!

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)

Tuesdays & Saturdays... 10:00 am to 2:00 pm

Mastick Senior Center Holiday Closure!

Mastick Center will be closed for the Memorial Day Holiday on **Monday, May 28, 2018.**

Engage at Every Age

The month of May represents Older Americans Month. The Administration on Aging, part of the Administration for Community Living, announced this year's theme, "Engage at Every Age, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being." In honor of Older Americans Month, join us in celebration at the following events:

On **Tuesday, May 15**, 7:00 pm, at the City Council Meeting, Mayor Trish Herrera Spencer will read a proclamation honoring the month of May as Older Americans Month; and

On **Wednesday, May 30**, 9:00 am – 12:00, celebrate the 25th Annual National Senior Health and Fitness Day sponsored by AES Therapy & Fitness. Representatives from various organizations will be on-site to provide resource information and offer health screenings.

Kudos to Tax Program & Lobby Volunteers

A special thank you is extended to our Tax Program and Lobby volunteers for scheduling appointments and providing tax assistance to over 554 individuals. Lorraine Meuleners, JuelleAnn Boyer, and Donna Cheng-Krysiak deserve special acknowledgement for ensuring that everything ran smoothly by overseeing and facilitating the program.

Qigong with Robert Dorsett

Tues., May 1 – June 5, 9:00 am – 10:00 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.

Register at www.alamedaca.gov/recreation or the Mastick Office.

Alameda Development and Architecture

May 1, 8, 10, 17, 24 & 31, 11:00 am – 12:00

May 3, 15, 22, 29, June 5 & 7

10:00 am – 11:00 am

Explore local-historical architecture through lectures, slide shows and guided tours. Refer to program flier for program locations. **To register, call 747-7506.**

Mastick Book Club

On **May 1**, at 12:00 in Dining Room 2, Book Club members will review "Those Who Leave and Those Who Stay" by Elena Ferrante. On June 5, the club will review "The Power and the Glory" by Graham Greene.

In Memory...

Peggy Conway and Charlie Langford

Our condolences are extended to family and friends.

AARP Smart Driver Refresher Course

The **refresher** course is designed for those who have taken the standard course within the last three years and is offered on **Wednesdays, May 2 and June 6**, 9:00 am – 1:30 pm in Room D. The fee is \$15 (AARP members) and \$20 (non-AARP members). AARP requires **advance registration** and payment by check 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 May schedule is as follows:

May 3.....	I, Tonya
May 10.....	Coco
May 17.....	Three Billboards
May 24.....	The Philadelphia Story
May 31.....	Molly's Game

Music Appreciation with Glenn Fong

On **Thursday, May 3**, 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 the music of George and Ira Gershwin and friends.

Bocce Ball - FREE

Thursdays @ 1:15 pm, Mastick Courtyard

Learn to play Bocce Ball in a fun environment. Instruction available at beginning of each drop-in session. Equipment provided. This activity is geared for all abilities. Weather permitting.

US Citizenship Preparation/ESL

Tues., May 22 – July 10, 10:00 am – 12:00

Room D ~ Cost: \$23 (Class #5033)

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

Senior Scam Workshop

Tuesday, May 8, 1:00 pm, Room D

Join a representative from the Better Business Bureau for a presentation on scams that often target the senior population. Become aware of red flags, learn tips and get resources to lower chances of becoming a victim. **To register, please call 747-7506.**

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.** Prerequisite: Basic computer skills. **Flash drive required.**

Net Services

Tuesdays, May 8, 15, 22 & 29

Cost: \$43 (Class #5908)

Learn to access on-demand transportation, food delivery, and goods and services.

Photo Editing

Thursdays, May 10, 17, 24 & 31

Cost: \$43 (Class #5912)

Learn to use free photo editing sites to enhance your photos and create photo gifts.

Jewelry Sale in the Mastick Lobby

On **Wednesday, May 9**, 10:00 am to 2:00 pm, the Mastick Thrift Shop will have gently used jewelry and MORE available for purchase!

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.**

LGBT Peer Support Group

Ken Werner, trained peer facilitator from the Pacific Center for Human Growth, offers an LGBT Peer Support Group on the second and fourth Wednesdays of each month (**May 9 & 23**), 1:30 pm to 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!

Free Your Posture, Free Your Life!

Wed. & Thur., May 9 & 10, Room E

1:30 pm – 3:00 pm, Cost: \$33 (Class #5590)

Join Lenka Fejt, certified Alexander Technique Instructor, and learn how to eliminate bad postural and movement habits with the Alexander Technique, a practical self-care method taught over 120 years worldwide. **Register at www.alamedaca.gov/recreation or the Mastick Office.**

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

Kayaking: Oakland Channel

Friday, May 11, 9:30 am – 12:30 pm

Cost: \$53 per person/paddle (Class #5623)

Paddle in and around the Oakland Channel, Jack London Square and Coast Guard Island. Meet at **Grand St. Marina. Register at www.alamedaca.gov/recreation or the Mastick Office.**

Pickleball Clinic- Lincoln Park (1450 High St.)

Saturday, May 12, 10:00 am – 12:00

Join USA Pickleball ambassador, Terry Chew as he teaches a beginner clinic on how to play the game for maximum fun! Participate to the best of your ability! **Register at www.alamedaca.gov/recreation or call 747-7506. (Class #6331)**

Mother's Day BINGO!!!

On Saturday, May 12, 11:15 am – 2:30 p.m., Mastick Social Hall, women, 18 years of age and older, will receive a free ½ Bingo pack compliments of the Mastick Senior Center Advisory Board and Mastick Bingo Committee.

Monday/Friday Fitness Classes

May 14 – August 31, 9:00 am - 10:30 am

Cost: \$63 M (Class #5777) or F (Class #5778)

\$93 Monday/Friday (Class #5779)

Julie Manown, Instructor, leads fitness instruction in the Mastick Social Hall. **Register at www.alamedaca.gov/recreation or the Mastick Office.**

Spanish for Beginners

Mon., May 14 – July 9, 9:00 am – 10:00 am

Room D, Cost: \$35 (Class #5791)

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

Recycling 101

Tuesday, May 15, 1:00 pm, Room D

Join Kerry Parker, Alameda's very own Zero Waste Specialist, for an informative presentation offering ideas of how to simplify your recycling efforts at home, reduce your overall waste, and use recycling and compost bins at home more efficiently. **To register, call 747-7506.**

Yoga: T (Class #5783) / W (Class #5785)

Dina Hondrogen, Instructor, leads Yoga in the Social Hall on **Tuesdays (May 15 – June 19)** from 10:30 am to 12:00 and **Wednesdays (May 16 – June 20)** 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 www.alamedaca.gov/recreation or the Mastick Office.**

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:

Craig Smith Tour: All That's New in SF Class #5323

Tuesday, June 19, 8:30 am – 4:30 pm

Cost: \$66 (Lunch Included)

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

Explore all that is new in San Francisco with Craig Smith! Lunch at Delancey Street Restaurant.

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

Hearing Zone

Wednesday, May 16, 1:00 pm, Media Room

A representative from the Hearing Zone will provide information about hearing services, the latest technology, and ear protection to improve the quality of your life. Sponsored by Elders Village and AEC Living. **To register, please call 747-7506.**

Wednesday Fitness Class

May 16 - August 29, 9:00 am - 10:00 am

Cost: \$63 (Class #5771)

Tatiana Stollman, Instructor, leads fitness instruction in the Mastick Social Hall. **To register, visit the Mastick Office or www.alamedaca.gov/recreation.**

Shakespeare

Thurs., May 17, 9:30 am – 11:30 am, Rm E

Join Kester Watters, Volunteer, to explore readings, acting, vocabulary, and gain a greater understanding of Shakespearean literature! **To register, call 747-7506.**

8 Posture Improvement Movements

Thurs., May 17 - June 7, 1:00 – 1:30 pm

Room E, Cost: \$45 (Class #5941)

Receive an assessment of your posture and body alignment. Learn and practice moves that will help increase your flexibility and strength. First class is one hour, followed by three thirty-minute sessions. \$5 equipment fee due to instructor at first class. **Register at www.alamedaca.gov/recreation or the Mastick Office.**

Teens Teaching Technology--FREE

On **Thursday, May 17, 4:00 pm - 5:00 pm** in Room C, ARPD Teens will assist individuals with personal portable devices such as tablets, smart phones and laptops. Bring your portable device(s)! **To register, call 747-7506.**

Birthday Party Celebration

Celebrating a birthday in May? Join us for cake and good cheer on **Thursday, May 24, at 12:30 pm** in Dining Room 2.

Free Medicare Annual Wellness Visits

Calyx Health, a doctor's office exclusively for Medicare seniors, is now seeing patients at its pop-up clinic, Alameda South Shore Center, Monday-Friday, 9:00 am - 5:00 pm. Schedule a 60-minute Annual Wellness visit by calling **996-5063** or visit **www.calyxhealth.com**.

Pilates

Join Pamela Grande, Instructor, on Wednesdays, 10:45 am - 11:45 am in Room A, to improve flexibility, coordination, balance and strength while developing a strong core. Cost: \$5 per drop-in 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 Wooldrige

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.

VA Benefits Presentation

Tuesday, May 22, 1:00 pm, Dining Room 2

A representative with the County of Alameda Veterans Service Office will provide an overview of local, state and federal benefits available to veterans and their dependents. Be sure to bring your questions! **Registration required, call 747-7506.**

Annual National Senior Health & Fitness

Wednesday, May 30, 9:00 am – 12:00

Join in our celebration at the National Senior Health and Fitness Day Fair. Engage with representatives from various programs for demonstrations, and learn tips for better health and wellness. Sponsored by AES Therapy & Fitness in partnership with Mastick Senior Center and the MSCAB.

UC Berkeley Research Project

If you are 65+ and proficient in English, you may participate in academic research about modern solutions to improve your daily life! Answer a 5-min survey about your demographics and be entered in a drawing to win \$50. You may also be invited to a 1.5-hour interview and be compensated \$20-30. To participate, contact **(925) 603-3139** or researchlab@icsi.berkeley.edu.

In June...

Fitness Fun on Bay Farm Island!

Classes are now available at **Water's Edge Lodge, 801 Island Drive (Multi-Purpose Room), Alameda**. To register, visit www.alamedaca.gov/recreation or the Mastick Office. For more information, please call 747-7506.

Get Balanced.....\$123 (Class #5878)

Mon./Wed. (6/4 – 8/22)....3:00 pm – 4:00 pm

Participants are tracked to celebrate changes. Learn exercises for vision and vestibular systems, strength, flexibility, proprioception, and quick reflexes. Practice "After A Fall Recovery Sequence" and progress from mostly seated to mostly standing.

Laughter Yoga.....\$28 (Class #5899)

Tues./Thurs.(6/5 – 6/28)....11:00am-11:30 am

In 1995, Dr. Madan Kataria founded Laughter Yoga, a unique form of exercise combining playful laughter and deep breathing exercises.

Kayaking: Sea Plane Lagoon

Friday, June 1, 9:30 am – 12:30 pm

Cost: \$53 per person/paddle (Class #5624)

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 or the Mastick Office.

Mastick Supporters...

The MSCAB and staff would like to extend a "special" thank you to the following individuals who have generously donated to Mastick Senior Center from January through March 2018.

Dolores Ancheta and John Warner, Mary Jane Beddow and Stephen Hahn, Carol S. Black, Ph.D., Jim and Joyce Blamire, Mercedes Bogolan, Harris Chin, Mary Clark, Maria Dalisay, Lee and Virginia Darrow, Pat Davis, Roger Dong, Joyce Fahey, John and Lynn Faris, Selina Faulhaber, Jeff and Ellen Ferris, Bill and Nicky Finger, Iris Ann Fraser, Louis and Susan Freeman, Violet Grayson, Helen Greenwood, Neila Hallenbeck, Mary Jo Harper, Andrew Huntoon, Valerie Ishii, Sumi Jennings, John Keys, Stan and Bonnie Leber, Jeanne Ley, Fang Chen Liu, Isabella MacGregor, Angelina Marbella, Edward McLean and Ernestine Bianchi, Rita Meins, Helen Mohr, Lorraine Orchard, Carrie Pickett, Larry and Gwen Pirack, Benjamin Quintero, Mary Ricafort, Agnes Ringo, P.A. Robertson, Paul Schmidt, Victor and Zora Sepic, Marilyn Sharron, Renee Sheehan, Elizabeth Talay, Philip Tribuzio, Nona Volk, Wahine U'I, Whales and Friends, Janet Waring, Penelope Washbourn, Kenneth P. Werner, Virginia A. Wetherill, Karen White, Faye Wilson, Frances Anne Winberg, Mae Wong, and the anonymous donors.

Zinfandel: California's Heritage Grape

Monday, June 4, 1:30 pm – 3:00 pm

Carl Bellone, Ph.D., professor emeritus of public administration, CSUEB, will describe the early arrival of the Zinfandel varietal and probe into its mysterious origins. This CSUEB Scholar-OLLI program is sponsored by the MSCAB. **To register, call 747-7506.**

Spanish Conversation (Intermediate Level)

Join Mirtha Ninayahuar, Instructor, on **Mondays (June 4 – July 23)**, 10:00 am - 12:00 in DR 2, to discuss Latin American culture, interactive role play, reading, and music. **Cost: \$35 (Class #5780). Register at www.alamedaca.gov/recreation or the Mastick Office.**