



# MASTICK SENIOR CENTER

Making Connections • Staying Active • Living Well

**June**

Visit us at [www.mastickcenter.com](http://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)

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

### **Measure A: School Parcel Tax Exemption**

Alameda residents (Owner-Occupants Only), 65 and older, are eligible to apply for an exemption from the Alameda Unified School District's (AUSD) Measure A Parcel Tax. Applications are available at: Mastick Senior Center, [www.alameda.k12.ca.us](http://www.alameda.k12.ca.us), AUSD (2060 Challenger Drive), or by calling 1-800-273-5167. The application deadline is **June 30, 2018**.

### **Zinfandel: California's Heritage Grape**

**Monday, June 4, 1:30 pm – 3:00 pm, DR 2**

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, current events, and students' interest in Spanish. **Register in the Mastick Office or [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation).** Cost: \$35. **(Class #5780)**

### **MSCAB General Membership Meeting Update**

At the Mastick Senior Center Advisory Board (MSCAB) General Membership meeting held on Wednesday, April 18, MSCAB President Hauser presented the slate of candidates presented by the Nominating Committee and approved at the March 21 MSCAB meeting, as well as called for nominations from the floor. The general membership voted to accept the slate of candidates as presented.

Please welcome the newly elected MSCAB Officers and Directors. The officers and directors are as follows:

#### **Officers**

President: Mariel Thomas

Vice President: Lola Brown

Treasurer: Lorraine Meuleners

Recording Secretary: Robert Frank

Corresponding Secretary: Erna Simmons

#### **Directors for 2018-19 (One-year term)**

Patricia Bowen and Paul Hauser

#### **Directors for 2018-20 (Two-year term)**

Vicki Bell, Mary Foss, Bill Soares, Jim Thomas, and Jerry Yarbrough

### **Mastick Book Club**

On **Tuesday, June 5**, at 12:00 in Dining Room 2, Book Club members will review "The Power and the Glory" by Graham Greene. On July 3, the club will review "Rules of Civility" by Amor Towles.

### **Estate Planning: Tips, Traps & Solutions**

**Tuesday, June 5, 1:00 p.m., Dining Room 2**

Join Paul Hunt, Attorney at Law, for an informative presentation that explains the best ways to protect your family's assets, defer or avoid taxes, and leave a lasting, trouble-free legacy. **To register, call 747-7506.**

**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](http://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.

**Summer Sweat.....\$83(Class #5898)****Tues./Thurs.(7/10-8/30).....2:30pm-3:00 pm**

This class will increase your strength and cardiovascular fitness while paying special attention to core muscles and belly fat.

**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 **Wednesday, 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.

**Pickleball for Ages 50+****Wed., June 6 – July 18, 6:00 pm - 7:30 pm,****Cost: \$21 (Class #5789)**

Pickleball, a hybrid of Ping-Pong and Tennis, is 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](http://www.alamedaca.gov/recreation).**

**Music Appreciation with Glenn Fong**

On **Thursday, June 7**, at 1:30 pm in DR 2, join Glenn Fong, Volunteer, for a piano/vocal presentation and discussion of 1930's songs from the Great American Songbook featuring the Gershwins and friends.

**Mastick Movie Schedule**

Enjoy the **Mastick Movie Matinee** and **free** popcorn every **Thursday** at 1:00 pm in the Media Room. The June schedule is as follows:  
 June 7.....12 Strong  
 June 14.....Please Stand By  
 June 21.....The Post  
 June 28.....Roman Holiday

**Computer Classes**

Computer instruction is offered from 1:00 pm – 2:30 pm in Room C. **Registration required, visit [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation) or the Mastick Office. Bring a flash drive.**

**Introduction to Computers****Tuesdays, June 5, 12 & 19****FREE (Class #6146)**

For students with no previous knowledge of computers. Topics covered will include, what is a computer, parts of a computer, different types of computers, hardware and software, applications (things that you can do on a computer), the Internet, and security issues.

**Internet Searches****Tuesdays, June 26; July 3, 10 & 17****FREE (Class #6145)**

Class begins with a brief introduction on what the Internet is and how to connect to it. Focus will be on conducting Internet searches and how to save that information.

**Qigong with Robert Dorsett****T: June 12 – July 17, 9:00 am – 10:00 am****Room A ~ Cost: \$52 (Class #5781)**

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](http://www.alamedaca.gov/recreation) or the Mastick Office.**

**Free Oakland A's Tickets!**

Mastick Members may claim up to two tickets for the A's vs. Astros on **Tuesday, June 12**, at 7:05 pm. Transportation to the game is on your own, (Tuesdays are Free Parking). Go to the Will Call window; A volunteer holding a "Mastick" sign will hand out tickets. You must be at that location between 6:30 - 6:50 pm. **To get your tickets, call 747-7506 or go to 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 (**June 13 & 27**), 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!

### **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, June 14**, at 10:30 am by calling 747-7506.

### **Princes, Princesses & Paupers Dance**

Join us on **Thursday, June 14**, from 1:00 pm to 3:30 pm in the Social Hall for dancing, socializing, and refreshments. Enjoy DJ-led dancing, costume contest for the best red and gold outfit. Cost: \$3.

### **Father's Day BINGO!!!**

Join us on **Saturday, June 16**, for Father's Day Bingo! Men, 18 years of age and older, will receive a free ½ Bingo pack compliments of the MSCAB and Mastick Bingo Committee.

### **Housing Options Seminar**

On **Monday, June 18**, 1:00 – 3:00 pm in Dining Room 2, join Justine Francis, Senior Real Estate Specialist, for a seminar designed to explore housing options for your future—whether to stay in your home, downsize, move to a retirement community or near children and grandchildren. In addition, various scenarios will be provided to ensure your financial planning matches your long term wishes. Refreshments served. **To register, please call 747-7506.**

### **Transportation 101**

On **Tuesday, June 19**, 1:00 pm, 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! **To register, please call 747-7506.**

### **Alzheimer and Dementia Overview**

**Wednesday, June 20, 1:00 pm, Media Room**  
Join a representative from the Alzheimer's Association for an overview about Alzheimer's Disease. Sponsored by Elders Village and AEC Living. **To register, please call 747-7506.**

### **Transforming Bad Postural-Movement Habits W/TH, June 20 & 21, 1:30 pm – 3:00 pm Room E, Cost: \$33 (Class #5813)**

Join Lenka Fejt, certified Alexander Technique Teacher, B.S. Exercise and Movement Sciences, and learn how to eliminate bad postural and movement habits with the Alexander Technique. **Register at [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation) or the Mastick Office.**

### **Travel Presentation**

On **Thursday, June 21**, at 10:00 am in the Media Room, join Kris Adams, Premier World Discovery, to learn about the San Antonio Holiday and French Rivera Tours. For more information, call Ed Kallas, Recreation Supervisor I, at 747-7511.

### **Basic Housing Rights for Seniors**

**Monday, June 25, 1:00 pm – 2:00 pm, Rm D**  
The Health Insurance Counseling Advocacy Program (HICAP) and Legal Assistance for Seniors (LAS) will present an introductory workshop that includes an overview of basic CA laws for tenants, as well as various landlord rights and responsibilities. **To register, please call 747-7506.**

### **Yoga: T (Class #5784) / W (Class #5786)**

Dina Hondrogen, Instructor, leads Yoga in the Social Hall on **Tuesdays (June 26 – August 7)** from 10:30 am to 12:00 and **Wednesdays (June 27 – August 8)** from 9:00 am to 10:25 am. Yoga is a mind and body discipline designed to increase flexibility and balance. Cost: \$45. **Register at [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation) or the Mastick Office.**

### **Travel Tips & Navigation Using Technology**

**Wed., June 27, 1:00 pm – 2:00 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, July 20 and 27. **To register, please call 747-7506.**

**Birthday Party Celebration**

Celebrating a birthday in June? Join us on **Thursday, June 28**, at 12:30 pm in Dining Room 2 for cake and good cheer.

**Music Appreciation Class**

Join William Sturm, Volunteer Instructor, on **Thursday, June 28**, at 1:30 pm in Dining Room 2 for a piano recital and discussion of music by one of Poland's most renowned pianists, "Minuet in G: Minis of Paderewski."

**Drawing and Painting Class  
Class #5808 (F)**

Join Mi'Chelle Fredrick, Instructor, on **Fridays (June 29)** from 9:30 am to 12:30 pm in the Skill Center for art instruction. This nine-week class is \$73, plus materials expenses. **Register at [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation) or the Mastick Office.**

**Kayaking Marsh Tour**

**Friday, June 29, 9:30 am – 12:30 pm**  
**Cost: \$53 per person/paddle (Class #5841)**  
Arrowhead Marsh is a rich marshland filled with a variety of shorebirds and marine life. Meet at MLK Jr. Shoreline Park (1 Swan Way, Oakland). **Register at the Mastick Office or [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation).**

**Local Day Trip Program!**

Register at [www.alamedaca.gov/recreation](http://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](mailto:ekallas@alamedaca.gov) or 747-7511.

**Current travel opportunities include:**

**Steinbeck Center and Home  
Class #5896**

**Friday, July 13, 8:30 am – 4:30 pm**  
**Cost: \$66 (Lunch Included)**  
**Activity Level: Strenuous Striders** (Up to three blocks of walking at a time)  
Travel to beautiful Salinas, tour the National Steinbeck Center, and enjoy lunch at the Steinbeck House.

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

**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](http://www.mastickcenter.com)  
E-mail: [jkrause@alamedaca.gov](mailto:jkrause@alamedaca.gov)  
[ekallas@alamedaca.gov](mailto:ekallas@alamedaca.gov)

Suggestion Box: [MastickSuggestion@alamedaca.gov](mailto: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.*

**Bus Seatbelt Law**

Effective **July 1, 2018**, Senate Bill (SB) 20 requires that passengers wear seatbelts when riding as passenger on a bus or motor coach (Alameda Loop Shuttle or monthly trip program).

**Jewelry Sale in the Mastick Lobby**

On **Wednesday, July 11**, 10:00 am to 2:00 pm, the Mastick Thrift Shop will have gently used jewelry and MORE available for purchase!

**Chair Yoga (Class #5788)**

Join Tiana Meriage-Reiter, Certified Yoga Instructor, for Chair Yoga on **Wednesdays (July 11 – August 29)** from 10:35 am to 11:50 am in the Social Hall. Cost: \$59. **Register at [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation) or the Mastick Office.**

**FREE Stroke Risk Assessment**

On **Thursday, July 12** from 9:00 am – 12:00, Social Hall, Alameda Hospital will offer FREE Stroke Risk Assessment Screenings. **Appointments are required and space is limited.** For an appointment, call 814-4362 or e-mail: [relations@alamedahealthsystem.org](mailto:relations@alamedahealthsystem.org).