



Making Connections • Staying Active • Living Well

July

Membership Drive Underway – Join the Fun!

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 Senior Center will be closed on **Wednesday, July 4**, for the Fourth of July Holiday.

It is Time to Renew Your Membership!

Membership renewal for FY 2018-19 begins Monday, July 2. Individuals participating in Center programs are required to complete a membership registration application annually. Membership remains free and extended to individuals 50+. Grab your friends and neighbors and join the fun! **Volunteers are available to assist you at the Lobby Desk Monday – Friday from 9:00 am – 3:00 pm.**

MSCAB Scholarship Eligibility Requirement

The MSCAB Scholarship Program is available to members once per quarter offsetting up to 50% (not to exceed \$50) of fees at a maximum of \$200 per year. **This program is funded by MSCAB fundraising programs, Bingo and Thrift Shop.** Members applying for the MSCAB Scholarship Program need to certify that their income meets the low income limit set by HUD for our area. This ensures that funding is available for members on a tight budget. maximum of \$200 per year. For assistance, please visit the Mastick Office.

Mastick Code of Conduct

The *Mastick Senior Center Code of Conduct* was adopted by the MSCAB on September 19, 2001 in an effort to ensure an enjoyable and consistent environment for all members participating in Mastick programs. Copies of the *Code of Conduct* are available in the flier carousel located in the Lobby or by visiting our website at www.mastickcenter.com. Members are required to adhere to the Code when at the Center and participating in our programs.

A special THANK YOU to the MSCAB

A special thank you is extended to the Mastick Senior Center Advisory Board (MSCAB) for funding the following programs and projects:

- The Mastick Senior Center Scholarship Program which provided 443 scholarships totaling over \$15,000 in 2017. To date for 2018, 236 members have received scholarships totaling over \$8,203.
- Reupholster 12 courtyard awnings totaling \$8,400.
- Reupholster acoustical panels in Dining Room 2 totaling \$1,359.

These program and facility enhancements are a result of the MSCAB fundraising programs and the many volunteers that dedicate their time to make the Thrift Shop and Bingo Programs successful and enjoyed by many. Likewise, we are thankful for those that support our programs by playing Bingo, shopping in the Thrift Shop, or donating to the Center. The community support received makes Mastick a wonderful asset within our community!

Media Center Update

Many thanks to the Alameda Free Library for adding a collection of Large Print classics to our shelves. Please stop in and borrow books from our Mastick Library "on the honor system."

Refund Policy

The Alameda Recreation and Park Department Refund Policy is as follows:

- If a client requests a withdrawal and/or transfer from ANY class or program before the start date, there is an automatic \$15 administrative fee.
- The remaining funds will only be applied to your account as a credit to use for a future class or program.
- After a class begins, withdrawal and/or transfer requests are charged an automatic \$15 administrative fee and will be prorated based on the number of classes that have already passed in the session.
- Any remaining funds will be applied to your account as a credit to use for future enrollment.
- Please note that certain programs (e.g., Mastick Trips*) have different refund policies.
- There are no refunds/credits/make-ups allowed for any classes you miss.

*Refer to the Mastick Senior Center Travel Program Policy and Procedures Manual for the Trips Refund Policy.

Be Present and Accounted For!

We track the number of participants attending classes to determine program popularity. To ensure our records are accurate, please sign your name on the roster in the:

- **Lobby** when visiting the Game, Media, and Coffee Rooms, as well as attending special events (e.g., Music Appreciation, Sing-Along with Keiko, etc.);
- **Computer Room** when using the Computer Lab or taking a computer class; and
- **Pool Room** when playing pool.

Instructors/Volunteers are requested to record the number of participants on the monthly Attendance Tally Sheet provided in the **Social Hall, Skill Center, Media Room, Game Room, Dining Room 2, and Rooms A, B, D, and E.**

If you are taking several classes, sign in at each location and for each program. Thank you for participating and for helping to ensure that your favorite programs continue.

Evacuating Mastick Senior Center

We want you to be prepared should the need arise to evacuate Mastick Senior Center while attending a class or program. **Mastick Senior Center staff and class instructors are designated evacuation monitors.** Each classroom is equipped with an evacuation map outlining the best route to exit the classroom you are occupying.

It is always best to be familiar with the classroom and your surroundings. When evacuating the premises, consider the following:

- Be aware of the evacuation map and review the evacuation route.
- An addressable alarm system (fire alarm) was installed in 2005 and is designed to sound an alarm (bell) and notify Alameda's Central Dispatch of a fire at Mastick Senior Center.
- Exit the building via the exit closest to the street (e.g., Bay Street, Santa Clara Avenue, parking lot, etc.) and gather at the corner (Santa Clara and Bay or Santa Clara and St. Charles).
- Do not evacuate or congregate in the courtyard.
- Take personal belongings (e.g., purse, medication, etc.). However, **DO NOT** pack up craft projects.
- Inform Mastick Staff and the Fire Department (during an actual evacuation) of participants needing special assistance evacuating the building.

Are You Interested in Receiving Critical Alerts and Community Updates?

Nixle is a communication system that connects residents with the agencies that serve and protect them. Residents can use Nixle to receive information ranging from critical alerts to community news. Additionally, residents can choose to receive this information—by SMS (text message), email, the Web or mobile application. To sign up, visit www.nixle.com or text your zip code to 888777.

Summer Swimming Schedule

Enjoy recreational and lap swimming this summer. Senior rates: resident \$3/non-resident \$4.

Encinal Swim Center

(230 Central Ave)

Recreational Swim

Note: Closed July 20

Friday.....1:45 pm - 4:00 pm
Saturday.....1:15 pm - 4:00 pm
Sunday.....12:00 – 4:00 pm

Lap Swim

Note: Closed July 4, July 20, August 3-4

Monday – Thursday.....9:00 am - 10:45 am
12:15 pm - 1:30 pm
6:30 pm - 7:30 pm
Friday.....12:15 pm - 1:30 pm
Saturday.....9:00 am - 10:45 am

American Sign Language (ASL)

Learn alphabetic and numeric fingerspelling, shapes, greetings, simple sentences and games with Sheila Holmes, Instructor, on **Mondays, July 2 – August 20**, Media Room. Cost: \$33. **Register at www.alamedaca.gov/recreation or the Mastick Office.**

Beginning (Class #5773): 12:15 pm - 1:15 pm
Continuing (Class #5774): 1:15 pm - 2:15 pm

Mastick Book Club

On **Tuesday, July 3**, at 12:00 in Dining Room 2, Book Club members will review “Rules of Civility” by Amor Towles. On August 7, the club will review “The Black Book” by Orhan Pamuk.

Mastick Movie Schedule

Enjoy the **Mastick Movie Matinee** and **free** popcorn every **Thursday** at 1:00 pm in the Media Room. Seating limited to the first 50 members. The schedule is as follows:

July 5.....The Greatest Showman
July 12.....All the Money in the World
July 19.....The Disaster Artist
July 26.....Rebel Without a Cause

Music Appreciation with Glenn Fong

On **Thursday, July 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 Harlem stride pianists Fats Waller, James P. Johnson and friends.

Healthy Living for Your Brain and Body:

Tips from the Latest Research

Tuesday, July 10, 1:00 pm, Dining Room 2

For centuries, we’ve known that brain and body health are connected. Now, science can provide insights into optimizing our physical and cognitive health as we age. Learn about research and recommendations in nutrition, exercise, cognitive activity and social engagement, and incorporate hands-on tools for healthy aging. Presented by the Alzheimer’s Association. **To register, call 747-7506.**

Fitness Fun on Bay Farm Island!

**Water’s Edge Lodge Multi-Purpose Room
801 Island Dr.**

To register, visit the Mastick Office or www.alamedaca.gov/recreation. For more information, please call 747-7506.

Summer Sweat.....\$83(Class #5898)

Tues./Thurs.(7/10-8/30).....2:30pm-3:00 pm

This class will increase strength and cardiovascular fitness while focusing on core muscles and belly fat.

Jewelry Sale in the Mastick Lobby

On **Wednesday, July 11**, 10:00 am - 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 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 (**July 11 & 25**), 1:30 pm - 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!

In Memory...

Deng “Dennis” Lim

Our condolences are extended to family and friends.

Mastick Senior Center Evening Hours**Wednesdays July 11 - August 29****5:30 pm to 8:30 pm**

Join in the fun on Wednesday evenings by partaking in the activities listed below! This is a great opportunity for folks unable to participate during the day! **For more information, contact the Mastick Office at 747-7506.**

Wednesday Evening Movie Schedule

Enjoy watching a movie in the Media Room at 6:00 pm every Wednesday through August 29! For a schedule, refer to the **Mastick Movie Schedule** listed on **page 3** or the Lobby.

Caregiving 101**Family Caregivers Support Workshop****Wed., 7/11, 18, 25; 8/1, 8, 15, 22 & 29****Dining Room 2****\$10 materials fee to instructor**

Partake in this eight-week caregiver workshop to gain practical skills and gather useful resources in a supportive group environment. Sponsored by Caregivers Access to Resources, Education & Support (C.A.R.E.S.). To register, call 747-7506.

Urquhart Memorial Concert Band**Wed., July 18, 7:00 pm – 8:00 pm****Social Hall ~ FREE**

The Urquhart Memorial Concert Band, conducted by Joel Toste, returns to perform big band sounds, popular tunes in medley, marches, and a Dixieland Jazz Combo. Program sponsored by the MSCAB. All welcome!

Line Dance (Beginning)...6:00 pm – 8:30 pm

Social Hall.....\$3

No Class: July 11

Computer Lab.....6:00 pm – 8:30 pm

Note: The Pool Room and Room B are available for use upon request. Please arrange with staff.

Wednesday Evening Program fliers available in the Mastick Lobby.

Health Insurance Counseling and Advocacy Program (HICAP)

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

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.

Author Presentation**Wed., July 18, 10:00 am, Dining Room 2**

Janet Dawson, accomplished local author of 12 novels, will talk about the research for her newest book, *The Ghost in Roomette Four*, which takes place in the early 1950's aboard the *California Zephyr*. Also, she will provide an update about her Jeri Howard mysteries. **To register, call 747-7506.**

Naturopathy—A Holistic Approach**Wednesday, July 18, 1:00 p.m., Media Room**

Former “alternative” health practices are now mainstream. Learn about health options from Dr. Stella Park, a renowned Naturopath, and Tracy Zollinger, Alameda's award winning Acupuncturist. Sponsored by Elders Village and AEC Living. **To register, call 747-7506.**

Local Trip & Extended Travel Presentation**Thursday, July 19, 10:00 am, Media Room**

Get two for one... Ed Kallas, Recreation Supervisor I, will review upcoming local trips. Then, a Collette Tours representative will provide an overview of extended travel opportunities including American Music Cities and Exploring Greece and Its Islands.

Qigong with Robert Dorsett**T: July 24 – Sept. 4, 9:00 am – 10:00 am****Room A ~ Cost: \$60 (Class #5782)**

Qigong is an ancient discipline practiced to enhance the mind, body and spirit in an effort to improve health and balance emotions. **Register at www.alamedaca.gov/recreation or the Mastick Office.**

English as a Second Language (ESL)**Tues., July 24 – Sept. 11, 10:00 am – 12:00****Room D ~ Cost: \$23 (Class #5792)**

Designed for non-native English speaking individuals or recently arrived to the U.S. Emphasis on listening, speaking, pronunciation and writing English. **Register at the Mastick Office or www.alamedaca.gov/recreation.**

Computer Classes

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

Excel Spreadsheets

**Tuesdays, July 24, 31 & August 7
FREE (Class #6144)**

Learn the fundamentals including how to create, use and save worksheets, the concept of cells, rows and columns, worksheet manipulations and calculations, print formats and functions.

Windows 10

**Tuesdays, August 14 & 21
FREE (Class #6147)**

Learn the layout of Windows 10 including files, folders, applications and multiple windows. Other topics include: external storage devices and Internet connection.

Pickleball for Ages 50+

**Wed., July 25 – Aug. 29, 6:00 pm - 7:30 pm,
Cost: \$21 (Class #5790)**

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.**

Birthday Party Celebration

Celebrating a birthday in July? Join us for cake and good cheer on **Thursday, July 26**, at 12:30 pm in Dining Room 2. ***Be sure to mark your calendar to celebrate with us!***

Music Appreciation Class

On **Thursday, July 26**, at 1:30 pm in Dining Room 2, William Sturm, Volunteer, will perform "The Minuet: From Bach and Ravel" focusing on the early days to the present.

Kayaking Oakland Channel

**Friday, July 27, 9:30 am – 12:30 pm
Cost: \$53 per person/paddle (Class #5842)**
Paddle in and around the Oakland Channel, Jack London Square and Coast Guard Island. Meet at Grand St. Marina. **Register at or www.alamedaca.gov/recreation or the Mastick Office.**

Calling All Mastick Artists!!!

Members enrolled in Mastick classes are encouraged to participate in our next Multimedia Art Exhibit. Artwork Submission Forms are available in the Mastick Office and due to the Mastick Office by **Monday, July 30, at 3:00 pm**. The exhibit will open with a reception on **Wednesday, August 22**.

Coming in August...

AARP Smart Driver Standard Course

The **standard** course is designed for individuals, age 50 and better. This course is offered in two sessions from 9:00 am - 1:00 pm on **Wednesdays, August 1 & 8**. Cost: \$15 AARP members or \$20 non-members (**payable by check ONLY**). **Registration required, please visit the Mastick Office.**

Dream Workshop

Dreaming is a rich universal event with many roads of interpretation. Share your dream(s) in a group on **Thursdays, August 2 – 30**, 1:00 pm – 2:30 pm, Room E. Dr. Bob Doerr, Volunteer Facilitator, has led groups for 30 years. **To register, call 747-7506.**

Stained Glass & Mosaics

Experience the beauty of creating art with glass. Whether you are new or want to freshen up your skills, assistance will be provided from start to finish. **Register at the Mastick Office or www.alamedaca.gov/recreation.**

Beginning/Intermediate ~ Cost: \$43(Class #5769)
Mondays, August 6 – Oct. 15, 9:00 am – 12:00

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.

Outsmarting Investment Fraud

Tuesday, August 7, 1:00 p.m., Room D
Join the Better Business Bureau for a presentation on investment fraud prevention including investment types, confirming investment validity, tactics used by people who don't have your best interest in mind, and tips on how to avoid becoming a victim. **To register, 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:

Aquarium of the Bay

Class #5897

Monday, August 6, 9:00 am – 3:00 pm

Cost: \$66 (Lunch Included)

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

Explore the aquarium at your own pace and learn from naturalists.

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

Registration for Fall Classes Begins...

Effective **Monday, August 13**, members may begin registering for classes. Start early by using your smartphone, laptop, tablet, etc. and ARPD's new registration system, **ACTIVENet**, to register from home! Otherwise, staff will be available to assist you in the Mastick Office at 9:00 am.

Know the 10 Signs: Early Detection Matters

Tuesday, August 14, 1:00 pm, DR 2

This workshop addresses the 10 warning signs of Alzheimer's Disease. Learn what is involved in getting a diagnosis, risks associated with Alzheimer's, and the benefits of early detection. Presented by the Alzheimer's Association. **To register, call 74-7506.**

Fashion Forward

Wed., August 15, 1:00 pm, Media Room

Learn how to be fashionable and appropriately update your wardrobe... affordably with Joann Guitarte, J Couture Women's Clothing Store and Vicki Bell, Mastick Thrift Shop. Sponsored by Elders Village and AEC Living. **To register, call 747-7506.**

Batteries and Bulbs

Residents may drop off household batteries and fluorescent bulbs at the ACI Alameda office: Monday – Friday, 7:00 am – 6:00 pm. Car batteries NOT accepted. Batteries are accepted in the Mastick Lobby.

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 Woodriddle

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

- Mariel Thomas President
- Lola Brown Vice President
- Lorraine Meuleners Treasurer
- Erna Simmons Corresponding Secretary
- Robert Frank Recording Secretary

Directors

Patricia Bowen, Vicki Bell, Mary Foss, Nancy Gormley, Paul Hauser, Lisa Jasper, Deanna Satterwhite, Bill Soares, Jim Thomas, 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.

Yoga: T (Class #6408) / W (Class #6364)

Dina Hondrogen, Instructor, leads Yoga in the Social Hall on **Tuesdays (August 21 – October 9)** 10:30 am - 12:00 and **Wednesdays (August 22 – October 10)** 9:00 am - 10:25 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.**

Quilting with Kathleen Fennelly

Kathleen Fennelly, Instructor, offers a quilting class that is enjoyable for new and experienced quilters. Cost: \$53. **Register at www.alamedaca.gov/recreation or the Mastick Office.** The schedule is as follows:

Mondays: September 17 - December 3

(No Classes: 11/12 & 11/19)

9:30 am - 11:30 am.....(Class #6346)

1:00 pm – 3:00 pm..... (Class #6347)

Thursdays: September 20 - December 6

(No Classes: 10/11 & 11/22)

9:30 am to 11:30 am.....(Class #6348)

1:00 pm to 3:00 pm.....(Class #6349)