



Making Connections • Staying Active • Living Well

**August** 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)

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

**Membership Renewal Underway for FY 18-19**

Membership is **FREE**, extended to those **50** plus, and **required** to participate in the various activities, programs, and services offered at the Center. Membership can be renewed in the Lobby, Monday through Friday from 9:00 am to 4:00 pm. Don't miss out on the fun... sign up today!

**Join Us for Lunch, Monday - Friday!**

Spectrum Community Services provides a delicious and nutritious lunch Monday – Friday. Lunch is available to those 60+ for a **donation** of \$3.75. To make a reservation, visit DR 2 at 11:15 am or call 747-7503!

**Notary Needed**

For over 12 years, Warren Brunetti has voluntarily notarized countless documents for our members. Before retiring, Mr. Brunetti would like to pass the torch to a willing candidate. If you are available to notarize documents, please contact Jackie Krause, Recreation Manager, at [jkrause@alamedaca.gov](mailto:jkrause@alamedaca.gov) or 747-7510.

**Mastick Senior Center Evening Hours**  
**Wednesdays through August 29**  
**5:30 pm to 8:30 pm**  
 Join the fun on Wednesday evenings by **participating in one or more of the following classes.**

**Wednesday Evening Movie**  
 Watch a movie in the Media Room at 6:00 pm through August 29! Schedules are in the Lobby.

**Line Dance (Beginning)**  
 Social Hall .....6:00 pm – 8:30 pm  
 Cost: \$3

**Bocce Ball - FREE**  
 Courtyard .....6:00 pm  
 Open play for all skill levels.

**Computer Lab**  
 Room C.....6:00 pm

**Wednesday Evening Program fliers available in the Mastick Lobby.**

**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:  
Thursday, August 2.....Battle of the Sexes  
Thursday, August 9.....Baby Driver  
Thursday, August 16.....Phantom Thread  
Thursday, August 23.....A Fistful of Dollars  
Thursday, August 30.....Darkest Hour

**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.**

**Music Appreciation with Glenn Fong**

On **Thursday, August 2**, at 1:30 pm in DR 2, join Glenn Fong, Volunteer, for a piano/vocal presentation of songs from the Great American Songbook featuring memorable songs from the movies.

**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:****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.

**California Academy of Sciences****Class #6510****Wednesday, September 5, 9:00 am – 3:15 pm****Cost: \$64 (Lunch included)****Activity Level: Moderate Movers (Up to two blocks of walking at a time)**

Visit the only place that has an aquarium, natural history museum and planetarium under one roof! Access to the planetarium included.

**Jelly Belly and Budweiser Factory Tours****Class #6511****Thursday, October 18, 8:15 am – 4:45 pm****Cost: \$73 (Lunch included)****Activity Level: Challenging Chargers (Up to five blocks of walking at a time)**

Have fun at the Jelly Belly Tour which includes a wine and chocolate pairing experience. Then, taste a bud while touring the Budweiser Brewery.

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

**Mastick Book Club**

On **Tuesday, August 7**, Book Club members will review "The Black Book" by Orhan Pamuk at 12:00 in Dining Room 2. "The Things They Carried" by Tim O'Brien will be reviewed on **Tuesday, September 4**.

**Outsmarting Investment Fraud****Tuesday, August 7, 1:00 pm, 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.**

**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 (**August 8 & 22**), 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!

**New Member Orientation & YOU!**

The New Member Orientation offers a guided-tour and overview of programs and services to introduce you to the Center. Make a reservation to join us on **Thursday, August 9**, at 10:30 am by calling 747-7506.

**Annual Fashion Show and Luncheon**

Join us for the Annual Thrift Shop Fashion Show and Luncheon on **Thursday, September 20**, in the Mastick Social Hall. The event begins at 11:00 am and ensures good food, fun, and fashion! Ticket sales will begin **Friday, August 10**, at 9:00 am in the Mastick Office. *All proceeds support Mastick Senior Center.*

**Registration for Fall Classes Begins...**

Effective **Monday, August 13**, at 7:45 am, members may begin registering for classes. Start early by using your smartphone, laptop, or tablet, to visit [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation). Otherwise, staff will be available to assist you in the Mastick Office at 9:00 am.

**Tchaikovsky: Russian Romantic****Mon., August 13, 1:30 pm – 3:00 pm, DR 2**

John Kendall Bailey, music director, conductor, and chorus master, will explore one of the most popular classical music composers, Pyotr Ilyich Tchaikovsky. Who doesn't have a favorite passage from this creative genius... *The Nutcracker, Swan Lake, Sleeping Beauty!* This CSUEB Scholar-OLLI program is sponsored by the MSCAB. **To register, call 747-7506.**

**Free Oakland A's Tickets!**

Mastick Members may claim up to two tickets for the A's vs. Mariners game on **Tuesday, August 14, 7:05 pm**. Transportation is on your own. Tuesday is free parking night. A volunteer holding a "Mastick" sign will hand out tickets at the "Will Call" window between 6:30 pm - 6:50 pm. Reserve tickets by **Monday, August 6**.

**Know the 10 Signs: Early Detection Matters Tuesday, August 14, 1:00 pm, Dining Room 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 747- 7506.**

**Fashion Forward**

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

Learn how to be fashionable by updating your wardrobe appropriately and 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.**

**Alameda Rent Stabilization and Eviction Control Seminar**

**Thurs., August 16, 1:00 pm – 2:00 pm, DR 2**

Jeff Cambra, local attorney, presents an overview of the City's laws covering notices, rent increases, evictions, and the rent review process. Learn your rights and responsibilities as a tenant or a landlord. **To register, call 747- 7506.**

**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](http://www.alamedaca.gov/recreation).**

**Transportation 101**

**Tuesday, August 21, 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, call 747- 7506.**

**Art Exhibit Reception**

Join us on **Wednesday, August 22, 10:30 am - 11:30 am**, in the Lobby for a Multimedia Art Exhibit reception to celebrate and admire the many works created by Mastick artists. Enjoy refreshments while hearing anecdotes from our artists.

**Birthday Party Celebration**

If you are celebrating a birthday in August, join us for the Birthday Celebration on **Thursday, August 23, at 12:30 pm** in Dining Room 2. Enjoy cake and good cheer (lunch not included).

**Music Appreciation Class**

On **Thursday, August 23, at 1:30 pm** in Dining Room 2, William Sturm, Volunteer, will discuss and perform "Music from Finland: Selim Palmgren, renowned Finnish composer."

**Professional Football from All Angles Wednesday, August 29, Dining Room 2**

**9:00 a.m. – 10:30 a.m. (101)**

**11:00 a.m. – 12:30 p.m. (Advanced)**

Mastick Staff, Ed Kallas, conducts an interactive and fun review of the history, rules and strategy of the pro game. Learn how the game evolved from a lethal bout of brute strength to a sophisticated chess match that requires sharp minds and athletic prowess. **To register, call 747- 7506.**

**Kayaking Sunset Tour**

**Friday, August 31, 6:30 pm**

**Cost: \$53 per person/paddle (Class #5843)**

Paddle under a setting sun, explore the Oakland Channel, and enjoy the sea breeze, sunshine, and marine life. Meet at **Grand St. Boat Ramp (North End of Grand Street).**

**In September...****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, September 5 and October 3, 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.

**President Xi Jinping and the Future of China**  
**Wed., Sept. 5, 10:00 am – 11:00 am, DR 2**  
Join Roger Dong, Volunteer, for an informative talk and discussion about one of the most important topics to the United States and internationally.

**Drop-In Pickleball at Lincoln Park -- FREE**  
**Wednesdays & Saturdays, 10:30 am - 12:00**  
**(Reserved for 50+ crowd!)**

Looking for a fun way to meet new friends and improve your fitness? If so, play the game that combines Ping Pong and tennis... Pickleball. This game features small paddles, wiffle balls, low hanging nets and a court one quarter the size of tennis. For more information, contact Ed Kallas, Recreation Supervisor I, at ekallas@alamedaca.gov or 747-7511.

**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)

**Joe Woodard Photo Portraits**

Joe Woodard, Volunteer, is available to take your photograph, thus creating a beautiful portrait. To make an appointment, call the Mastick Office at 747-7506.

In Memory...

**Helen Mohr**

Our condolences are extended to family and friends.

**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  
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**

- Marief 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.*

*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.*

**Mastick Supporters...**

*A special thank you to the following members for their donation and ongoing support:*

Robert Anderson, Joao Batista de Sousa, Charles Baroo, Flora Baumann, James Chaky, Noreen Christin, Beverly Churchill, Virginia Darrow, Martha Diaz, Corinna Domagas, Robert and Shirley Doumitt, Sheila Durkin, Jocelyn Fetters, George and Susan Fitzgerald, Kathy Fitzsimmons, George and Judy Furuichi, Jun Furuno, Jean and Sara Gabriel, Roland and Debbie Gregoire, Keiko Harvey, Irene Hase, Jo R. Herrera, James Hutchison, Manuel Jasso, Sherry Jeffery, Valeria Jones, Rubye J. Jordan, Roberta and Jerrilyn Kaplan, Russ and Beth Kemmerrer, Patricia Lamborn, Daisy Suen-Ying Lee, Mary L. Lee, Rosemary Liao, Carole Lohr, Tsek Lum, Jim and Mary Manning, Marie McClure, Alan and Joanne McKeown, Robert Miller, Lily Nelson, Resela Ong, Andrea Pena, Mary Jude Peterson, John E. Pysz, Frances Ramos, Ann M. Rossi, Marilyn Rothman, Anna Santos, Holly Schmalenberger-Haugen, Holly Sellers, Roberta and Anthony Shomon, Tuong-Vi Ta, Maruush Tegshjargal, Joyce M. Terao, Purificacion Toledo, Gerry Warner, Belen R. Whatley, Ann H. Williams, Beverly Zinn, and Candida Zucconi.



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Summer 2018

Dear Members,

Over the years, our members have been very generous by remembering Mastick Senior Center as part of their estate planning. As you plan or revise your estate, we hope that you consider participating in the Mastick Senior Center Legacy Giving Program and leaving a bequest to the City of Alameda, for the express benefit of the Mastick Senior Center. We are proud of the services and programs we've offered to many thousands of seniors in Alameda for more than 37 years. Your thoughtful bequest will help us continue our good work.

Through proper estate planning, you may bequeath any portion of cash, property or the proceeds of a life insurance policy to the City of Alameda, for the benefit of Mastick Senior Center. In order to do so, you and your attorney or estate planning advisor must include language in your estate documents that expresses that intent.

If you wish to learn more about creating a will, living trust or other estate planning documents, we suggest attending the Estate Planning Workshop scheduled for spring 2019. Refer to the Winter/Spring ARPD Activity Guide and upcoming newsletters for more information.

If you have questions about the Mastick Senior Center Legacy Giving Program, please contact Jackie Krause, Recreation Manager, at [jkrause@alamedaca.gov](mailto:jkrause@alamedaca.gov) or (510) 747-7510.

Thank you for considering Mastick Senior Center.

Sincerely,

Mastick Senior Center Advisory Board (MSCAB)