



Making Connections • Staying Active • Living Well

September

**September is National Senior Center Month!**

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

### Mastick Holiday Closure

On **Monday, September 3**, Mastick Senior Center will be closed for the Labor Day holiday.

### Mastick Senior Center Receives Grant

The Alameda County Board of Supervisors recently approved a \$25,000 grant for Mastick Senior Center. The grant helps to defray Center staffing expenses. We extend appreciation to the Alameda County Board of Supervisors and the Area Agency on Aging for their ongoing commitment to Mastick Senior Center and the City of Alameda!

### Mastick Book Club

On **Tuesday, September 4**, Book Club members will review "The Things They Carried" by Tim O'Brien at 12:00 in Dining Room 2. "World's Fair" by E.L. Doctorow will be reviewed on **Tuesday, October 2**.

### 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. **To register, call 747-7506.**

### 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.

### Strength Training & Cardio

**September 5 – Dec. 19, 9:00 am - 10:00 am**

Move to music and gain the benefits of resistance (strength-building) training designed to develop bone density, muscle mass, cardiovascular strength. Warm up and cool down included. Class easily modified for all fitness levels. Instructor: Tatiana Stollman. **Register at [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation) or the Mastick Office. (Class #6504)**

### Chair Yoga (Class #6362)

Join Tiana Meriage-Reiter, Certified Yoga Instructor, for Chair Yoga on **Wednesdays (September 5 – October 31)** 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.**

### 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, September 6.....The Rider  
Thursday, September 13.....Beirut  
Thursday, September 20.....Chappaquiddick  
Thursday, September 27.....The Postman....

### Music Appreciation with Glenn Fong

**Thursday, September 6, 1:30 pm, DR 2**

Join Glenn Fong, Volunteer, for a piano/vocal presentation and discussion of the Great American Songbook featuring songs about "YOU", such as, *It Had to Be You*, *Let Me Call You Sweetheart*, etc.!

**Fitness with Julie!**

Exercise to music while getting a total body workout: warm-up, stretching, chair exercise, low-impact cardio, weight training, floor/mat exercise and cool down. Class easily modified for all fitness levels. Instructor: Julie Manown. **Register in the Mastick Office or [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation).**

Mondays (**Class #6495**): Sept. 10 - Dec. 17

Fridays (**Class #6496**): Sept. 14 - Dec. 21

M/F (**Class #6494**): Sept. 10 - Dec. 21

**Spanish Conversation (Intermediate Level)**

Join Mirtha Ninayahuar, Instructor, on **Mondays (Sept. 10 – Oct. 29)**, 10:00 am - 12:00 in DR 2, for interactive role play, reading, and music. Cost: \$35. **Register at the Mastick Office or [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation). (Class #6366)**

**American Sign Language (ASL)**

Learn alphabetic and numeric fingerspelling, shapes, greetings, simple sentences and games with Sheila Holmes, Instructor, on **Mondays (September 10 – October 29)** in the Media Room. Cost: \$35. **Register at [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation) or the Mastick Office.**

Beginning (**Class #6490**): 12:15 pm – 1:15 pm

Continuing (**Class #6492**): 1:15 pm – 2:15 pm

**Computer Classes & More**

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

**Windows 10 – What's New?**

Tuesday, September 11

1:00 pm – 3:00 pm, Cost: \$10 (**Class #6513**)

**Data Mining – You are the Product**

Tuesday, October 2

1:00 pm – 3:00 pm, Cost: \$10 (**Class #6514**)

**Search Engines**

Tuesday, October 9

1:00 pm – 3:00 pm Cost: \$10 (**Class #6515**)

**Teens Teaching Technology—FREE  
September 20, 4:00 pm - 5:00 pm**

ARPD Teens will show you how to get the most out of your portable devices: tablets, smart phones, and laptops. Bring device(s) with you!

**Qigong with Robert Dorsett**

**T: Sept. 11 – October 30, 9:00 am – 10:00 am**

**Room A ~ Cost: \$67 (Class #6397)**

Qigong is an ancient discipline practiced to enhance the mind, body and spirit in an effort to improve health and balance emotions. **Register in the Mastick Office.**

**Creative Writing**

Learn the art and craft of writing with weekly writing exercise and assignments, lectures, discussions, and outside examples of poetry and literature. Class resumes on **Tuesday, September 11**, 10:00 am - 1:00 pm in the Media Room. *Fees determined at the onset of class.*

**Memory Loss, Dementia and Alzheimer's Disease  
Tuesday, September 11, 1:00 pm, DR 2**

Learn about the differences between normal aging and dementia and the diagnostic process and disease management. The Alzheimer's Association will share resources, keys for future planning, and how family and caregivers can help. **Register in the Mastick Office.**

**Hydration**

**Tuesday, September 11, 1:00 pm, Room D**

Learn the importance of staying hydrated and how to detect dehydration. Sponsored by Home Care Assistance. **To register, call 747-7506.**

**Reading the Street: Alameda History**

**Wed. September 12, 11:00 am – 12:00, Rm E**

Join author-teacher Judith Lynch for a slide show and walking tours about Alameda architectural history beginning and ending at Mastick Senior Center. Walks: 9/19, 9/26, 10/3 and 10/10. **Register in the Mastick Office.**

**11th Annual Ice Cream Social**

**Wednesday, Sept. 12, 12:30 pm, Courtyard,  
Cost: \$3 per sundae – Registration Required**

Build your own sundae with ice cream and toppings provided by Tucker's Ice Cream. This annual event is sponsored by the MSCAB. **Register in the Mastick Office.**

**Laughter Yoga**

**Wed., September 12, 1:00 p.m., Media Room**

Alysa Stanford, Exercise Physiologist, will share the benefits of Laughter Yoga. Sponsored by Elders Village and AEC Living. **Register in the Mastick Office.**

**LGBT Peer Support Group**

Trained peer facilitators from the Pacific Center for Human Growth, offer an LGBT Peer Support Group on the second and fourth Wednesdays of each month (**September 12 & 26**), 1:30 pm - 3:30 pm in Dining Room 2. The Pacific Center, a non-profit organization serves 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, September 13**, at 10:30 am by calling 747-7506.

**Local Trip & Extended Travel Presentations**

**Sept. 17 & Oct. 15, 9:00 am, Media Room**

Ed Kallas, Recreation Supervisor I, will review upcoming local trips. Then, representatives of Collette Tours, (**September 17**), and Premier World Discovery, (**October 15**), will provide overviews of extended travel opportunities including America's Music Cities, The French Riviera, Greece, and Its Islands, and MORE!

**Concerned About Falling?**

**Wednesdays, Sept. 19 – Nov. 14,  
10:00 am – 12:00, Room E**

Matter of Balance is an evidenced-based program designed to help seniors prevent falls through exercises and discussion. Limited to 12. Sponsored by the AFD Senior Safety & Accessibility Program and Alice Home Care. **Register in the Mastick Office.**

**Mystery Book Discussion Group Returns**

**Wednesday, September 19, 1:00 pm, Room D**  
Join Mary Lou Coss, Volunteer, and other lovers of this most popular genre for lively discussions of history, unforgettable characters, styles, locales and plot twists. Discover "Who done it?"  
**To register, call 747-7506.**

**Pickleball for Ages 50+**

**Lincoln Park (1450 High Street)**

**Wednesday, September 19 – October 24,  
6:00 pm - 7:30 pm, Cost: \$21 (Class #6503)**

Format includes instruction on first two meetings, then self-guided play. Equipment available. **Register at the Mastick Office or [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation).**

**Mastick Thrift Shop****Fashion Show and Luncheon**

**Thurs., Sept. 20, 11:00 am – 2:00 pm, Social Hall**  
Enjoy beautiful fashions, raffle prizes, shopping and a catered lunch. Proceeds support Mastick Senior Center. Join the FUN! Cost: \$20 per person. Tickets available in the Mastick Office.

**Kayaking Sunset Tour**

**Friday, September 21, 6:00 pm – 8:30 pm**

Cost: \$53 per person/paddle (**Class #6551**)  
Paddle under a setting sun while exploring the Oakland Channel. Perfect for all abilities. Meet at **Grand Street Boat Ramp.**

**Spanish for Beginners (Class #6392)**

On **Mondays (Sept. 24 – Nov. 19)**, 9:00 am – 10:00 am in DR 2, join Juanita Palkovic, Instructor, to learn Spanish in an interactive, relaxed atmosphere with a focus on listening, speaking, reading and writing. Cost: \$35. **Register at the Mastick Office or [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation).**

**Book Review with the Author**

On **Monday, September 24**, 10:00 am in Room E, Paul Hauser, will discuss his two books, *I'm Always Going Somewhere*, pertaining to the unexplored areas and intelligence gathering in Latin America in the late 1960's, and *Inherently Dangerous*, his narrative as a U.S. Air Force Weapons Controller Officer. **Register in the Mastick Office.**

**Fitness Fun on Bay Farm Island!**

Thanks to Alameda Elders Services, the classes listed below are available at the **Water's Edge Lodge Multi-Purpose Room, 801 Island Drive.** To register or for more information, visit [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation) or the Mastick Office.

**Get Balanced (Class #6486).....\$123**

**Mon. & Wed. (Sept. 24 – Dec. 12)**

**3:00 pm – 4:00 pm**

**No Class Meeting: 11/12**

Created by a team of physical therapists, this class is proven to prevent falls.

**Laughter Yoga (Class #6488).....\$53**

**Mon. & Wed. (Oct. 1 – Oct. 31)**

**10:15 am - 10:45 am**

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

**Heal Your Heart**

**Tues., Sept. 25, 12:00 – 2:00 pm, Room E**

Join Helen Calhoun, Certified Acupressurist, to learn an easy routine for emotional healing of the heart center based on Dr. Alexander Loyd's book, *The Healing Code*. **To register, visit the Mastick Office. Cost: \$23 (Class #6647)**

**Collect Memories Not Things – Decluttering Tips**

**Tuesday, September 25, 1:00 pm, Room D**

Cleaning and sorting a lifetime's worth of stuff can be an emotional endeavor. Join Diana Gleghorn, LMFT, and learn how friends, family and the use of simple tips can assist in decluttering your attic, garage and room(s)! **To register, call 747-7506.**

**Diabetes Support Group**

**Wed., Sept. 26, 10:00 am – 12:00, Room D**

The Diabetes Support Group, provided by the Alameda Co. Public Health Dept. Diabetes Program, meets alternating months. **To register, call 747-7506.**

**SSA Benefits and More**

**Wednesday, September 26, 1:00 pm, Room E**

Join Sarah Kim Lee, SSA Public Affairs Specialist, to learn about the programs Social Security administers, iSSNRC, online services, ID Theft, myRA, Social Security income verification letter, Medicare, and the benefits of creating a "my Social Security" account. **To register, call 747-7506.**

**Birthday Party Celebration**

If you are celebrating a birthday in September, join us for cake and good cheer on **Thursday, September 27**, at 12:30 pm in Dining Room 2.

**Music Appreciation Class**

On **Thursday, September 27**, at 1:30 pm in Dining Room 2, join Bill Sturm, pianist, for a discussion and music by one of Czechoslovakia's most beloved composer's, "Romantic from Bohemia: Antonin Dvorak".

**Anxiety**

**Monday, October 1, 1:30 p.m., Dining Room 2**

Join Professor Breuning, Ph.D., professor emerita of management, CSUEB, and focus on how our brains perceive past threats and frustrations that result from anxiety. The more we know, the better we can calm anxiety, survive and thrive. Sponsored by the MSCAB. **To register, call 747-7506.**

**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**

- 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, 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.*

**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:**

**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).**

**Purchasing Taxi Vouchers**

Effective immediately, Premium and Medical Return Trip Improvement Program (MRTIP) Taxi Vouchers must be purchased between 9:00 am – 12:00 on Tuesdays and Thursdays or by appointment with Victoria Williams. Call 510-747-7513 for an appointment.