



Making Connections • Staying Active • Living Well

January Happy New Year! 2019

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 11:00 am

Thrift Shop (Open to the public)

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

Schedule Change: The Thrift Shop will be closed **Tuesday, January 1, and will reopen on Saturday, January 5.**

Mastick Holiday Schedule Changes

Center Closure

New Year's Holiday: Tuesday, Jan. 1
Martin Luther King, Jr. Day: Monday, Jan. 21

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:

- January 3.....Game Night
- January 10.....Crazy Rich Asians
- January 17.....The King
- January 24.....Mary Poppins
- January 31.....A Star is Born

Music Appreciation with Glenn Fong

On **Thursday, January 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 Gershwin, Berlin, and Porter from the Depression, the 1930s.

Annual Rose Pruning

Saturday, January 5, 10:30 am - 12:30 pm

East Bay Rose Society members will provide a rose pruning demonstration at Lincoln Park. Bring your questions and learn about rose care from the professionals! Practice your skills on the many rose bushes at the park.

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.**

M/F (**Class #6737**): Jan. 7 – April 22

Mondays (**Class #6955**): Jan. 7 – April 22

Fridays (**Class #6956**): Jan. 11 –April 19

Spanish for Beginners (Class #6751)

On **Mondays (January 7 – March 11)** 9:00 am – 10:00 am in Room D, join Juanita Palkovic, Instructor, to learn Spanish in an interactive and relaxed atmosphere with a focus on listening, speaking, reading and writing. Cost: \$35. **Register in the Mastick Office or www.alamedaca.gov/recreation.**

Mastick Senior Walking Group

Vicki Bell, Volunteer Facilitator, leads this group of walkers to various Bay Area locations using public transit! Join the fun by picking up a schedule in the Mastick Lobby. Walks resume **Monday, January 7!**

Creative Writing

Learn the art and craft of writing—making art with words. Enjoy weekly writing assignments, discussions, and in-class writing exercises. Class meets **Tuesdays, beginning January 8**, 10:00 am - 1:00 pm in the Media Room. Cost: \$80 per month.

Qigong with Robert Dorsett

**Tues., Jan. 8 – Feb. 12, 9:00 am-10:00 am
Room A ~ Cost: \$52 (Class #6710)**

Qigong is an ancient discipline used for the purpose of enhancing the mind, body and spirit. **Register at**

www.alamedaca.gov/recreation or in the Mastick Office.

Yoga: T (Class #6758) / W (Class #6760)

Dina Hondrogen, Instructor, leads Yoga in the Social Hall on **Tuesdays (January 8 – February 12) 10:30 am - 12:00** and **Wednesdays (January 9 – February 13) 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 in the Mastick Office.**

English as a Second Language (ESL)

**Tues., Jan. 8 – Feb. 26, 10:00 am – 12:00
Room D ~ Cost: \$23 (Class #6736)**

Designed for non-native English speaking individuals. Emphasis on listening, speaking, pronunciation and writing. **Register at the Mastick Office.**

Computer Classes & More

Computer instruction is offered in Room C on the following Tuesdays, 1:00 pm – 3:00 pm. **To register, visit the Mastick Office or www.alamedaca.gov/recreation. Bring a flash drive.**

**Introduction to Computers (Class #6823)
Tuesdays, Jan. 8 – 29.....\$43**

**Digital Pictures (Class #6941)
Tuesday, Feb. 5 – 12.....FREE**

Teens Teaching Technology—FREE

Thursday, January 17, 4:00 pm - 5:00 pm
ARPD Teens will assist you with your portable devices: tablets, smart phones, and laptops. Bring device(s) with you! **To register, call 747-7506.**

**Tech Help with Jiten Patankar--FREE
Mondays, 11:00 am - 12:00, Mastick Office**

One-on-one assistance with smart phones, iPads/tablets, and laptops. Bring your portable device(s)! **To register, call 747-7506.**

Mastick Book Club

On **Tuesday, January 8**, Book Club members will review “Anything is Possible” by Elizabeth Strout at 12:00 in Dining Room 2. On **Tuesday, February 5**, “The Invention of Wings” by Sue Monk Kidd will be reviewed.

Strength Training & Cardio

Jan. 9 – May 1, 9:00 am - 10:00 am, Room A
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 or the Mastick Office. (Class #6771)**

AARP Smart Driver Course

On **Wednesdays, January 9 & 16**, from 9:00 am to 1:00 pm in Room D, the AARP Smart Driver **Standard** Course will be offered in two, four-hour sessions for those age 50+. **Register and pay in the Mastick Office at least one day prior to class.** Cost: \$15 AARP members or \$20 non-members (payable by **check ONLY**).

Pickleball Clinics

Intermediate (Class #7218)

9:00 am - 11:00 am

Pickleball Skills (Class #6968)

11:00 am – 1:00 pm

Lincoln Park, Cost: \$28 per clinic

On **Thursday, January 10**, Marcia Neishi, Certified Instructor, will guide you and help take your game to the next level. Enjoy a lifetime of fun on the court with the fastest growing sport among the 50+ crowd.

New Member Orientation & YOU!

The New Member Orientation offers a guided-tour to introduce you to the Center, an information packet outlining the various programs and services, and a coupon for a complimentary lunch! Make a reservation to join us on **Thursday, January 10**, at 10:30 am by calling 747-7506.

Thrift Shop Special – Fill a Bag for \$5

On **Tuesday, Jan. 15**, and **Saturday, Jan. 19**, fill a shopping bag provided by Thrift Shop staff (exceptions apply).

Dream Workshop**Th: Jan. 10 – 31, 1:00 pm – 2:30 pm, Rm E**

Dreaming is a rich universal event with many roads of interpretation. Share your dreams in a group with Dr. Bob Doerr as your guide. He has led dream groups for 30 years. Have some fun and fascination.

Bead Jewelry ~ Making & Repairing

Join Lee Daguman, Volunteer Instructor, on **Thursdays, beginning January 10**, 1:30 pm – 3:30 pm in Room D, for this introduction to bead jewelry. Register in the Mastick Office and receive supplies list. Prerequisite: Bring supplies and basic wire wrap skills.

Travel Tips & Navigation Using Technology**Friday, January 11, 1:00 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 Tuesday, January 15 and Friday, January 25.

Spanish Conversation (Intermediate Level)

Join Mirtha Ninayahuar, Instructor, on **Mondays (January 14 – April 1)**, 10:00 am - 12:00 in DR 2, for interactive role play, reading, and music. Cost: \$43. **Registration required, visit www.alamedaca.gov/recreation or the Mastick Office. (Class #6750)**

René Magritte**Mon., Jan. 14, 1:30 pm – 3:30 pm, DR 2****Avril Angevine, Candidate in Philosophy, Comparative Lit., UCB**

Bowler hats, large apples, pipes that aren't pipes—Magritte's paradoxical images are among the most familiar of the 20th century. He experimented with a variety of styles before establishing his distinctive, "hypertrophic" style in the 1950s. Wild shifts of scale and context in his art create a mixture of illusion and reality. This CSUEB Scholar-OLLI program is sponsored by the MSCAB. **To register, call 747-7506.**

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, visit **www.alamedaca.gov/recreation** or the Mastick Office.

Get Balanced.....\$123
M/W (1/14 – 4/10).....3:00 pm – 4:00 pm
(Class #6762)

Learn exercises for vision and vestibular systems, strength, flexibility, proprioception, and quick reflexes. Progress from mostly seated to mostly standing.

Train Your Brain.....\$83
T/Th (1/22 – 3/14).....9:00 am- 10:00 am
(Class #6765)

Using exercises from common cognition tests, this class is designed to challenge memory and address Mild Cognitive Impairment. Strategies will be given for those experiencing memory changes. We will discuss normal aging or cause for concern.

Silver Salsa.....\$43
T/Th (2/5 – 2/28).....2:30 pm – 3:00 pm
(Class #6928)

A mixture of seated and standing dance moves designed to improve short-term memory, increase cardiovascular fitness, and make exercise fun!

Thriving With Parkinson's.....\$83
W/F (2/6 – 4/5).....11:00 am – 12:00
(Class #6930)

Address postural and balance changes, mood and cognition, swallowing, speech, and tremors.

The Art of Experiencing Photographs**Tuesday, January 15, 1:00 pm, Room D**

Jeff Dunn, Lecturer, will discuss what makes great photography and how photos are made not just to be made, but SEEN. Mr. Dunn is president of the Alameda Photographic Society, served as a judge for the Northern CA Council of Camera Clubs, and has exhibited his photography at the Frank Bette Center and other local venues. **Register in the Mastick Office. Cost: \$5 per person**

Is There a Digital Assistant In Your Plans?**Thursday, January 17, 10:00 am, Room D**

Roger S. Dong, Volunteer, has been researching digital assistants (robots) to help with a number of activities including personal assistance, providing reminders, acting as a companion, cooking simple meals and more. This lecture will provide information about the latest developments in the world of digital assistants. **To register, call 747-7506.**

Biking After Dark**Tuesday, January 22, 1:30 pm, Room D**

Biking after dark can be fun, but it is important to plan ahead and make sure you always have the right equipment to be visible every time you get on your bike. Learn how to: see and be seen in all conditions; meet and exceed the legal requirements for lights and reflectors; and choose the right lights for the type of bicycling you'll be doing. This workshop is made possible via a partnership with the City of Alameda. No bike is required in order to participate. Sponsored by Bike East Bay. **To register, call 747-7506.**

Chair Yoga (Class #6730)

On **Wednesdays (January 23 – March 20)**, 10:35 am - 11:50 am, in the Social Hall, enjoy the benefits of Yoga (flexibility, relaxation, and stress reduction) from the safety and stability of a chair. Cost: \$66. **Register at www.alamedaca.gov/recreation or the Mastick Office.**

Diabetes Support Group

The Diabetes Support Group, provided by the Alameda Co. Public Health Dept. Diabetes Program, meets at 10:00 am – 12:00 in Room D on the fourth Wednesday of alternating months (**January 23 and March 27**). To learn more, call 383-5185.

Birthday Party Celebration

Celebrating a birthday in January? Be sure to mark your calendar and join us on **Thursday, January 24**, 12:30 pm in Dining Room 2 for cake and good cheer!

Rainbow Waltz: The Music of Florence Price

Join William Sturm, Volunteer Instructor, on **Thursday, January 24**, 1:30 pm in Dining Room 2, for a piano recital and discussion featuring one of America's foremost African-American woman composers.

Local Day Trip Program!

To learn about Extended Travel opportunities or monthly trips, contact Ed Kallas, RS I, at ekallas@alamedaca.gov or 747-7511. Register at www.alamedaca.gov/recreation or the Mastick Office.

Current travel opportunities include:**Crocker Art Museum (Class #6938)****Tuesday, January 22, 8:15 am – 4:15 pm****Cost: \$60 (Meal Included)****Activity Level: Moderate Movers (Up to two blocks of walking at a time)**

Delight in the Crocker Art Museum collection and an enjoyable lunch at Seasons 52 Restaurant.

SF Symphony Open Rehearsal (Class #6970)**Thursday, February 7, 8:30 am – 3:30 pm****Cost: \$68 (Meal Included)****Activity Level: Moderate Movers (Up to two blocks of walking at a time)**

Peek behind-the-scenes and experience an SF Symphony performance in the making. Then, enjoy lunch at The Beach Chalet.

SF Flower & Garden Show (Class #7051)**Thursday, March 21, 8:30 am – 3:30 pm****Cost: \$65 (Meal Included)****Activity Level: Moderate Movers (Up to two blocks of walking at a time)**

Enjoy beautiful floral arrangements, DIY workshops and free seminars. Then, lunch at the Basque Cultural Center.

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

Make a Gold Fish Lantern**Friday, Jan. 25, 1:00 pm – 3:00 pm, Room D**

Learn to make gold fish in time to celebrate the Chinese New Year! Bring the following tools: scissors, stapler, clear tape and two-three decorative beads to be strung into red yarn. **To register, call 747-7506.**

Family Caregivers Support Workshop

**Mondays, 1/28; 2/4, 11, 25; 3/4, 11, 18, & 25,
1:00 pm – 3:00 pm, DR 2**

**Cost: \$29 (Special Rate ~ Regular Price \$95)
\$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.). **Register in the Mastick Office.**

Save Your Mobility and Your Independence!

**Tuesday & Wednesday, January 29 & 30,
1:30 pm – 3:00 pm, Dining Room 2**

Cost: \$33 (Class #6713)

Join Lenka Fejt, certified Alexander Technique Teacher, B.S. Exercise and Movement Sciences, and recognize postural and movement habits that interfere with our functioning. Learn to sit, stand, and move easier by applying principles of the Alexander Technique, a practical self-care method. **Register at www.alamedaca.gov/recreation or the Mastick Office.**

Advance Health Care Directives Overview

Tuesday, Jan. 29, 1:00 pm, Room D, FREE

This educational overview is provided by HICAP and LAS. **To register, call 747-7506.**

Local Trip & Extended Travel Presentations

Jan. 30 & Feb. 13, 1:00 pm, Media Room

Learn about upcoming local trips and extended travel opportunities including Discover the Outback, Niagara Falls to NY City, Switzerland, France & Christmas Markets and MORE!

Calling All Mastick Artists!!!

Members enrolled in Mastick classes are encouraged to participate in our next Multimedia Art Exhibit (Thursday, February 21). Artwork Submission Forms are **NOW** available in the Mastick Office. **Submit completed forms with your artwork to the Mastick Office by 3:00 pm on Thursday, January 31.**

American Sign Language (ASL)

Learn alphabetic and numeric fingerspelling, shapes, greetings, simple sentences and games with Sheila Holmes, Instructor, on **Mondays (February 4 – April 1)** in the Media Room. Cost: \$35. **Register at www.alamedaca.gov/recreation or the Mastick Office.**

Beginning (**Class #6788**): 12:15 pm – 1:15 pm
Continuing (**Class #6726**): 1:15 pm – 2:15 pm

US Healthcare System

Tuesday, February 5, 1:00 pm, Room D

Our healthcare system consists of 30% primary care doctors and 70% specialists, while practically every other country in the world is the opposite (70% primary care, 30% specialists). How did it get this way and how do our clinical outcomes compare—especially for seniors? Sponsored by Calyx Advantage. **To register, call 747-7506.**

Mastick Library located in the Media Room

Have you visited our Mastick Center Library and wondered about the procedure for checking out books? Our unique "honor system" policy simply allows you to choose your book, read it, and finally return it in a timely manner, to the rolling shelves near the outside door. Cookbooks, poetry, foreign language, and local authors are among new areas of interest. Volunteers are available to answer questions, chat, and gratefully accept book donations on Mondays, Wednesdays, and Fridays, 10:00 am – 12:00, Happy Browsing!

Fort Bragg & Mendocino (Class #7221)

May 14-16, 2019 - \$650/single, \$550/double

**\$275 deposit due February 15, 2019 w/
balance due March 20, 2019**

No refunds after April 1st, 2019.

Highlights: Visit MacKerricher State Park and Glass Beach, tour historic Mendocino and the Mendocino Inn, Pudding Creek Express Skunk Train, Mendocino Coast Botanical Gardens, and more! Kayaking for the more adventurous (additional fee). Accommodations, meals, transportation, and most activities included.

**City of Alameda Discount Taxi Vouchers
Expiration Date Change**

As of **January 1, 2019**, taxi vouchers used for the Premium and MRTIP tax programs will expire six months from the date of purchase. Eligible riders may purchase taxi vouchers by mail, by appointment, or on Tuesdays and Thursday from 9:00 am – 12:00. Accessible taxis are available. These City services are funded by Measures B and BB sales tax dollars and administered by the Alameda County Transportation Commission.

To date, over \$10,000 was raised by our recent appeal letter. We extend a special thank you to the following members:

Alameda Hospitality Club, Mr. & Mrs. Carl Anderson, Loretta Anonas, Anonymous, Davaadorj B. & Maruush T., Norma Bacchus, Lucille Bailey, George Barr, Christian Boddum, Carolyn Boone, Malyon Booth, Gary & Lola Brown, Kenneth Bruckmeier, Warren & Sharon Brunetti, Jim & Jane Burgelin, Pat & Marty Butensky, Magda Calderon, Sue Canfield, Carloni Family, Ellen Chesnut, Scott Colcord, Michael Connors, Karen Coulter, Kathy Court, Shari Cox, George Cunningham, Joan Davis, Lydia de Garneau, Elizabeth Dere, William Dere, D. T. Dessling, Luann DeWitt, Janet Dietz, Alice Dockter, Marilyn Dodge, Corinna Domagas, Eduardo Duran Jr., Joan Dykema, Judy Ecker, Eleanor Eis, Susan Erdmann, Isabella Fahrney, Pam Fernandez, Anna Fisher, Margaret Fisher, Susan & George Fitzgerald, Gerald Flynn, Donna Folliard, Candice Fong, Iris Ann Fraser, Jun Furuno, Patricia Gannon, Phil Gardner, Peter Garrison, Gerda Garson, Wes & Shirley Gouveia, Violet Grayson, Helen Greenwood, Debbie & Roland Gregoire, Oliver Guinn, Frank Gutierrez, Jessie Gutierrez, Neila Hallenbeck, Bonnie Halpern, Robert Hammond, Yoko Hashimoto, Mary Herman, Frances Herrera, Jovita Herrera, Sergio Herrera, Agnes Ho, Joseph Houghton, James Hudkins, George Humphreys, Diana Huntley, William & Rosella Jackson, Elwin & Virginia Jang, Michelle Johnston, Mr. & Mrs. Armando Juachon, Ann Juell, Nan Kataoka, Helen Keenan, Barbara Kennedy-Dalder, Mary Ellen King, Nancy King, Mary Jo Knight, John Kofranek, Daniel & Arma Kucera, Margaret Lomba, Karen Lamberti, Patricia Lamborn, Alson & Lillian Lee, Daniel & Rose Lee, Teresa Lee, Donald Lim, Alana Luchtman, Rose Mageau, Takako Mainaga, Kazuko Matsuda, Gene Maurice, Guy Mayes, William McClellan, Marie McClure, Karen McEligot, Roswitha McIntosh,

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

Marisel 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.

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.

Reggy Meeng, I. Mesterhazy, Teresa Miller, Cecelia Moore, Weezie Mott, Laureen Moyer, Robert & Norma Murray, Lilly Nelson, Peter Nevada, Doug Novakoski, Lillian Nunes, Judy Oda, Keiko Okano Pederson, Patricia Osborne, Karin Ostrom, Franklin Ow, Beth Pao, Parker Family, Barbara Pearl, Gwen & Larry Pirack, Robert Pola, Vicky Porter, Angie Power, Alan Ramos, Malcolm Ratnam, Gregory Reichert, Elizabeth Rogers, David Ross, Ann Rossi, Anna Santos, Michael Santos, Pat Saunders, Hisako Scalzo, Paul C. Schmidt, Holly Sellers, August Servello, Joseph & Jane Shahpar, Clara Sigmon, Marilyn Slay-Schmidt, Charles L. Smith, Stanley Stiles, Margit Szabo, Tuong-Vi Ta, Mary Takemoto, Mary Tarpley, Steve Taylor, Jim Thomas, Jim Thompson, Emese Tivadar, Mitsuye Tobase, Purificacion Toledo, Elizabeth Tuckwell, Parvin Vameghi, Gabriele von Ingersleben, Wahine U'i, Geraldine Warner, Lothar & Ingeborg Westerweck, Belen Whatley, Rose Anne White, Claribel Whybrew, Christine Wilder Abrams, Marian Williams, Alicia Williamson, Anne Winberg, Jean Wolslegel, June Wong, Joyce Woollems, Carol Young, Chung & Sarah Yuen, Amy Yui, and Margaret Lomba.