



Making Connections • Staying Active • Living Well

February

“Visit us at www.mastickcenter.com”

2019

Mastick Holiday Closure!

Mastick Senior Center will be closed on **Monday, February 18**, for Presidents’ Day.

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

Call for Nomination...

The Nominating Committee is recruiting members to fill vacant Mastick Senior Center Advisory Board (MSCAB) positions. The members serving on the MSCAB are FANTASTIC—however, we always welcome new members with fresh ideas to join the ranks! Candidates must:

- **be members of Mastick Senior Center for at least 90 days in the current enrollment year prior to nomination;**
- **express an interest in the welfare of the Center and senior issues;**
- **attend Mastick sponsored events and meetings;**
- **actively create awareness and advocate on behalf of the Center; and**
- **give approval and indicate his/her willingness to serve.**

Applications are available in the Mastick Lobby. Completed applications will be accepted in the Mastick Office through **Thursday, February 21. All welcome!**

Annual Rose Pruning - Rescheduled

Saturday, February 2, 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.

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

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.

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.

Shakespeare Discussion Group

Explore readings, acting, vocabulary, and gain a greater understanding of Shakespearean literature! Join us on Thursdays, 9:30 am – 11:30 am in the Media Room.

Mastick Book Club

On **Tuesday, February 5**, Book Club members will review “The Invention of Wings” by Sue Monk Kidd at 12:00 in Dining Room 2. “The Old Man and the Sea” by Ernest Hemingway will be reviewed on March 5.

US Healthcare System

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

Despite spending twice as much per person, the US has the worst health outcomes among developed nations. Join Dr. Gupta of Calyx Health for a lively discussion on how we got here and what we need to do to improve care and lower costs. Sponsored by Calyx Advantage. **To register, call 747-7506.**

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.

Digital Pictures (Class #6941)

Tuesdays, Feb. 5 – 12.....FREE

Windows 10 OS (Class #6833)

Tuesdays, March 2 -26.....\$43

Teens Teaching Technology—FREE

Thursday, March 21, 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
Assistance with smart phones, iPads/tablets, and laptops. Bring your portable device(s)! 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 **Wednesday, February 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.

Free Tax Preparation Services @ Mastick

AARP Tax Assistance Program volunteers are available to provide **free** tax preparation services to low and middle income individuals with special attention to those 60 and older. To schedule an appointment, please call **747-7501** or visit the Mastick Lobby between 9:00 am and 3:30 pm. ***If you are uncertain whether you need to file a tax return, a tax volunteer is available to assist you on Mondays from 1:00 pm to 2:00 pm in Room E. This program is sponsored by AARP, IRS, Franchise Tax Board and the MSCAB.***

Mastick Movie Schedule

Enjoy the **Mastick Movie Matinee** and **free** popcorn every **Thursday** at 1:00 pm in the Media Room. **Note: Seating capacity is 60. Seats are first-come, first service, no reservations.** The schedule is as follows:
February 7.....The Hate U Give
February 14.....Christopher Robin
February 21.....The Wife
February 28.....How to Murder Your Wife

Music Appreciation with Glenn Fong

On **Thursday, February 7**, at 1:00 pm in DR 2, join Glenn Fong, Volunteer, for a piano/vocal presentation of songs from the Great American Songbook featuring music celebrating Valentine and Presidents’ Day.

Is Food a Problem for You?

Tuesday, February 12, 1:00 pm, Room D

Join us for a panel discussion with fellow compulsive eaters followed by a “Q & A”. HOW-OA, a subgroup of Overeaters Anonymous, uses a structured approach and food plan to carry a message of hope and recovery to others. H.O.W. stands for “honesty, open mindedness, and willingness”. All are welcome to share in our 12 Step Recovery Groups - overeaters, under eaters, and people with body self-image issues. **To register, call 747-7506.**

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 (**February 13 & 27**), 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 review of programs and services to introduce you to the Center. Make a reservation to join us on **Thursday, February 14**, at 10:30 am by calling 747-7506.

Health Insurance Counseling Advocacy Program (HICAP) and Legal Assistance for Seniors (LAS) Workshops

HICAP and LAS will provide **free** community education presentations on Tuesdays at 1:00 pm in Room D:

February 19: Medicare Alert: How to Help Prevent Medicare Fraud and Abuse

March 5: Financial Assistance: How to Get Help with Health Care Costs

March 26: The ABCs of LTC: An Overview of Long Term Care

April 23: Keeping Elders Safe: An Overview of Elder Abuse and Legal Remedies

May 7: Seniors' Guide to Public Benefits

June 4: Consumer Fraud: Scams Targeting Seniors and Tips for Protection and Prevention

June 25: Basic Housing Rights

To register, please call 747-7506 or visit the Mastick Office.

Qigong with Robert Dorsett

Tues., Feb. 19 – March 26, 9:00 am-10:00 am Room A ~ Cost: \$52 (Class #6711)

Qigong is an ancient discipline used for the purpose of enhancing the mind, body and spirit. **Register at the Mastick Office or www.alamedaca.gov/recreation.**

Healthy Tips for Mature Eyes

Wed., February 20, 1:00 pm, Media Room

Learn about the most common vision problems experienced by seniors and steps you can take to maximize your eyes' health as you age. Sponsored by Elders Village and AEC Living. **To register, call 747-7506.**

All Invited... Multi-Media Art Exhibit

Join us in the Mastick Lobby on **Thursday, February 21**, at 10:30 am for an artists' reception. Mastick Artists will be exhibiting artwork created in Mastick Senior Center classes. Refreshments served.

Senior Clipper Card

Tues, February 26, 1:00 pm – 3:00 pm, Rm D
Adults, 65+, are eligible for a free Senior Clipper Card which provides discounts on passes, cash value fares and transfers. Provide photo ID with date of birth to demonstrate eligibility: passport; state-issued ID card or driver's license; permanent resident card ("Green Card"), matricula consular/consular identification card; SF City ID Card; or military identification card with date of birth.

Transportation 101

Tuesday, February 26, 1:00 pm, Room D

Join Victoria Williams, Paratransit Coordinator, for an overview of the various transportation options (East Bay Paratransit, Premium Taxi Program, FREE shuttle service and MORE) available to Alameda residents. Questions encouraged! **To register, call 747-7506.**

Yoga: T (Class #6759) / W (Class #6761)

Dina Hondrogen, Instructor, leads Yoga in the Social Hall on **Tuesdays (February 26 – April 2)** 10:30 am - 12:00 and **Wednesdays (February 27 – April 3)** 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.**

Rent Stabilization Program Overview

Wed., February 27, 1:00 pm, Media Room

Rent Stabilization Program staff will provide an overview of the Rent Stabilization Program, Rent Review Advisory Committee (RRAC), and RRAC hearing process. **To register, call 747-7506.**

Birthday Party Celebration

Celebrate your special day on **Thursday, February 28**, at 12:30 pm in Dining Room 2. Enjoy cake, music, and good cheer with friends!

The Classical Romantic: Felix Mendelssohn

Join William Sturm, Volunteer Instructor, on **Thursday, February 28**, at 1:30 pm in Dining Room 2 for a piano recital and discussion of one of the world's greatest composers.

In Memory...

Kaye Lowery

Our condolences 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

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

- 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, Paul Hauser, Lisa Jasper, Deanna Satterwhite, Bill Soares, John Swickard, 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.

Calling Lifetime Learners!

Mastick's Media Center Library has received a donation of many of the Great Courses. These courses include Course Books and accompanying DVDs. A few of these do not include all of the DVDs, but most are complete, and can be found in the corner shelves underneath the Romance section. Subjects include Better Living, Fine Arts and Music, Literature and Language, Religion, Science & Math, History, and Social Science. As with all of our other books, these can be enjoyed as long as you need, kindly return them in a timely way.

Red Cross Home Fire Campaign

The Red Cross Home Fire Campaign helps save lives by installing **free** smoke detectors in homes and apartments and providing education about home fire safety. Smoke detectors should be present on every floor of your home, bedrooms, and hallways. **There are no income limitations!** To have a 10-year smoke detector(s) installed in your home along with fire safety education, call 595-4573.

**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. **Register in the Mastick Office.**

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:

**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.

**UC Santa Cruz Arboretum (Class #6978)
 April 2019 – TBD, 8:00 am – 5:00 pm
 Cost \$66 (Meal Included)**

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

Enjoy a docent-led tour of fantastic flora and fauna and an opportunity to explore on your own. Then, a delicious meal at the The Crow's Nest on the water.

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