

Mastick Senior Center

A division of Alameda Recreation & Parks
1155 Santa Clara Ave, Alameda, CA 94501
(510) 747-7500-Fax 523-0247-Tdd 522-5160
Programs and services for adults 50 and older.
Program Information: www.mastickcenter.com

E-mail: jkrause@ci.alameda.ca.us

Weekday Program Hours 8:30am-4:00pm

Sunday hours: 12:00 noon-4:00pm

Recreation & Parks Director: Dale Lillard

Senior Services Manager: Jackie Krause

Senior Services Coordinator: Mariel Thomas

Newsletter Graphics and Layout Volunteer: Phil Smith

Coming Attractions for 2008!

**East Bay Rose Society visits
Lincoln Park Rose Garden**

Representatives will be at Lincoln Park, 1450 High Street or 1425 Fernside Blvd., on **Sunday, January 6, 2008** between 12:00 noon and 2:00 pm to prune the roses in the rose garden. East Bay Rose Society members are also available to instruct interested community members on how to prune and care for roses. In addition, they will answer questions pertaining to roses and can recommend roses best suited for our climate. 523-4132.

Being Prepared When Help May Be Days Away

Californians have suffered through major earthquakes and fires, most recently in Southern California. New high tech tools assist in battling fires and predicting damage from earthquakes. Even with this state-of-the-art assistance, will you be ready for the next "Big One?" First responders may not arrive to help you for days or even weeks depending on the magnitude of the disaster. As we saw with Katrina, thousands waited for help and found they needed to rely on their own resources. Will you be ready and self-sufficient when a disaster strikes? Come to the Emergency Preparedness Fair on Saturday, **February 9, 2008**, between 10:00 am and 2:00 pm. at the Harbor Bay Community Center, 877 Island Drive, Alameda. A quick trip will make it easier for you and your family to survive in a disaster. For more information, please contact (510) 272-6693. **Sponsored by Supervisor Alice Lai-Bitker and the Harbor Bay Homes Association.**

Advisory Board Officers

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Nancy Gormley.....Vice President

Jerry Lanzit.....Treasurer

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Annette Anderson.....Corresponding Secretary

Directors

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PhyllisDe La Vergne, Patty Leech,

Sheila Leonard, Chuck Monedero, Deg Powers,

Joy Pratt and Jim Thomas

Bingo

(Open to the public, 18 years of age and older)

Doors open at 10:00 am/First game at 12:15 pm

Thrift Shop (Open to the public)

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

Happy Holiday

Living Well with Arthritis/Osteoporosis

On **Wednesday, January 23**, at 10:30 am in Room D, **Dr. McNamara** will present, "Living Well with Arthritis/Osteoporosis," which covers the topics of diagnosis and treatments for both diseases. **Dr. McNamara** is a new Rheumatologist to the Bay Area recently finishing her fellowship in Rheumatology at University of California, Los Angeles where she trained under world experts in Lupus, Scleroderma and other connective tissue diseases - **Dr. Bevra Hahn, Dr. Jennifer Grossman, Dr. Daniel Furst, Dr. Phillip Clements, Dr. Harold Paulus and Dr. Roy Altman.** **Dr. McNamara** is subspecialty trained in the field of Musculoskeletal ultrasound. ***This presentation is provided by the Arthritis Foundation.***

Lavender Seniors

Lavender Seniors of the East Bay is a non-profit organization devoted to serving Lesbian, Gay, Bisexual, and Transgender (LGBT) seniors through community outreach, advocacy, and education. All are invited to attend a speaker panel sharing personal stories and highlighting LGBT issues relevant to seniors. **Leslie Bonett** from Lavender Seniors will present the speaker panel on **Tuesday, January 15**, between 1:00 pm and 2:30 pm in Room D. Preregistration is recommended and can be accomplished by visiting the Mastick Office or calling 747-7506.