

### Birthday Celebration

February "Birthdays" are invited to join us for the Birthday Celebration on **Thursday, February 22**, at 12:00 pm in Dining Room 1. The celebration includes a *free* lunch, a slice of Birthday Cake, and a balloon! Reservations are required and will be accepted until **Thursday, February 15**, at **11:30 am**. To reserve a seat, stop by the lobby desk or call 747-7500 between 9:00 and 11:30 am. ***On Thursday, February 22, confirm your lunch reservation at the lobby desk by picking up your lunch ticket no later than 11:30 am.*** We wish you a Happy and Healthy Birthday!

### AC Transit Representatives at AARP Meeting

On **Thursday, February 15**, at 12:15 pm, AC Transit representatives will address the AARP membership on transit issues including bus routes, safety and accessibility issues for senior bus riders, as well as a question and answer period. All are welcome to attend this informative presentation in the Mastick Social Hall. Preregister is recommended and can be completed in the office or by calling 747-7506.

### Gung Hay Fat Choy

Celebrate Chinese New Year on Sunday, February 18, 2007. 2007 marks the Year of the Boar (Fire Pig). ***Wishing you and yours good fortune in 2007!***

### City to Offer New Taxi Program for Seniors and Disabled

The City is getting ready to kick-off a new taxi program for East Bay Paratransit riders, all residents 75 and older, and those age 70 and older who do not have a driver's license. Eligible residents will be able to purchase coupons worth up to 50 percent of most taxi rides. For more information, contact Mastick's Transportation office at 747-7512.

### Pilates at Mastick!

Enjoy the benefits of Pilates with Pamela Grande, Instructor, on Wednesdays between 10:45 am and 11:45 am in Room A. Pilates is a method of physical movement designed to stretch, strengthen, and balance the body. It helps to improve lung capacity, circulation, strength, flexibility, and coordination. This fee class, \$3 per person per session, is on-going and all are welcome.

### Osher Lifelong Learning Institute

Stimulate your brain by participating in the new lifelong learning opportunities offered at Mastick Senior Center by the Osher Lifelong Learning Institute (OLLI) at CSU East Bay. OLLI's mission is to provide a learning environment for mature learners (50+) which fosters creativity, self-discovery, and peer educations. OLLI members can partake in programs offered in Alameda, Concord, Danville, San Ramon and Walnut Creek. Annual membership is \$35 for an individual and \$50 for a couple. For more information, contact the OLLI office at (925) 602-6776. To reserve a seat, stop by the Mastick office or call 747-7506.

### Great Decisions 2007

**Joyce Podevyn, M.A.** in English from CSU East Bay and teaches English as a Second Language at Las Positas Community College, will present Great Decisions 2007 on **Friday, February 23, March 2, and 9**, between 10:00 am and 11:30 am in Dining Room 2. Great Decisions is the oldest and largest grassroots world affairs education program of its kind. Join a group to discover, discuss and decide opinions on foreign policy issues through this peer-facilitated program. Discussion topics to select from in 2007 include: Middle East, Climate Change, Mexican Administration Policies, Migration, South Africa, War Crimes, Central Asia and Energy Supplies, and Children and Unsafe Practices. *This class is presented by Osher Lifelong Learning Institute at CSU East Bay. This series of classes is \$30 for OLLI members and \$45 for non-OLLI members.*

### Happiness: If Not Now, When?

**Bob Nozik, M.D.** and author will present *Happiness: If Not Now, When?* on **Monday, March 5**, between 10:00 am and 11:30 am in Room D. "happiness" said Aristotle, "is the ultimate goal." Now, nearly 2500 years later, we have made enormous progress in almost every aspect of life except happiness. **Dr. Nozik**, author of *Happy for life: Here's How to Do It*, has studied happiness ever since developing his own deep, inner happiness 20 years ago. Find out what it will take for you to become happier than you ever thought possible. *This class is presented by Osher Lifelong Learning Institute at CSU East Bay. Class is free for OLLI and/or Mastick members and \$5 for non-members.*

