

Or looking for a support group, social organization, or a quiet place to meet...

ALZHEIMER'S SUPPORT GROUP

The Alzheimer's Caregiver Support Group meets from 10:00 am to 12:00 noon in the Media Room on the **second** Thursday of the month. Interested individuals are invited to attend. **Sherry Cooper**, group facilitator, is provided by the Alzheimer's Association.

NEED A QUIET SPACE TO MEET?

Mastick Senior Center has many nooks and crannies that can be used as potential meeting areas. If you need to meet with a contractor or interview a caregiver and don't want to meet at your home, please take advantage of the comfortable, friendly atmosphere provided at Mastick Senior Center. To reserve a meeting space, please call 747-7506.

AARP MEETS MONTHLY @ MASTICK

AARP Chapters provide a local link between members, communities, and AARP programs and services. The local AARP Chapter meets in the Mastick Social Hall on the **third** Thursday of the month at 10:00 am. This monthly meeting offers an opportunity for members to socialize while learning about AARP programs and services. For more information, contact 510-522-1519.

EAST BAY RETIRED TEACHERS ASSOCIATION

East Bay Retired Teachers Association meets in the Mastick Social Hall on the **first** Thursday of the month at 10:00 am. The meetings are open to retired public education and administrative professionals residing within Alameda County. Association objectives are to support public education, promote the professional interest of public school teachers, and provide a continuing statewide scholarship program as well as, to promote the welfare and social relationships of its members in ways compatible with public interest, including support of beneficial legislation and resistance to detrimental legislation. This is a nonprofit without union association. Meetings include catered lunches, entertainment, socialization, community spirit, and more! To learn more, contact 530-9420.

Or need a hand with finding information, resources, and assistance...

SENIOR RESOURCE SERVICES PROGRAM

The Senior Resource Services Program provides information and referral for various social service requests (i.e., health coverage, home health services, service coordination, meal programs, housing assistance, etc.). The Senior Services Specialist is available to work with adult children, family members and friends of seniors, 50 plus. For more information, please call 747-7513.

SERVICES & ASSISTANCE FROM THE MASTICK OFFICE

The Office Volunteer Staff is available to assist you with the following:

1. Garbage and Recycling Discount forms, Utility User's Tax (UTT) Exemption Applications, School Parcel Tax Exemption forms are available for eligible Alameda residents.
2. Advance Health Care Directive Kit (fee \$2.00).
3. Do Not Resuscitate forms (fee \$1.00).
4. Home Energy Assistance Program applications.
5. HICAP & Long-term Care appointments.
6. Trip, class, and seasonal program registration.
7. DMV Disabled Placard applications.
8. California Driver Handbooks.
9. Property Tax Postponement forms.
10. Homeowner/Renter Assistance Claim Booklets.
11. Bus schedules and transportation assistance.

DEPOSING OF HOUSEHOLD BATTERIES

Household batteries (e.g., AAA, AA, C, D, and 9 volt) can no longer be deposited in your gray solid waste cart. Alameda County Industries (ACI) will gladly accept household batteries at their office, 2307 Blanding Avenue, Suite B, Monday through Friday between 7:00 am and 6:00 pm. For more information, please contact ACI at (510) 483-1400.

"Life is not measured by the number of breaths we take, but by the moments that take our breath away."

