

*Or expand your knowledge of computers and finance in a forgiving environment...*

#### \*COMPUTER CLASSES

Alameda Adult School instructors provide computer instruction in a friendly, relaxed atmosphere at Mastick Center. The fall quarter begins **Tuesday, September 4**, and runs through **November 30, 2007**. Class instruction is provided *free* through the Alameda Adult School. There is a \$7 materials fee. Registration forms outlining fall class offerings and prerequisite information will be available in the Coffee Area on **Monday, July 16**. *Sign up in the office or call 747-7506*.

The fall quarter class offerings are as follows:

Monday..... Introduction to the Internet

Tuesday.....Microsoft Office Suite

Wednesday....Windows OS

Thursday.....Introduction to Computers

Friday.....Quicken

**Tuesday am**...Basic Graphics/Paint Shop Pro 2

#### SUNDAY COMPUTER WORKSHOP

Computer Workshops, provided by the Alameda Adult School, serve as an opportunity to focus on a particular topic of interest. Pre-register in the Mastick Office or call 747-7506.

**On Sunday, October 7, 2007**, the workshop topic will be *Photo Sharing*. This workshop will explore on-line photo editing, organizing and sharing services.

**On Sunday, November 4, 2007**, the workshop topic will be *Messaging*. This workshop will provide information about popular ways to send and receive messages from your hand held PDA, cell phone or computer.

#### COMPUTER LAB

Mastick members are encouraged to use the computers available in Room C during lab hours: Monday thru Friday, 9:00 am to 1:00 pm (except Tuesdays) and Sundays, 12:00 pm to 4:00 pm (**except when Sunday Workshops are offered**). The Computer Room Volunteers are a wonderful resource and are available to assist you during computer lab hours. Volunteers are not available to provide computer instruction.

*Or want to learn about interesting topics of interest...*

#### CONSUMER PRESENTATIONS

Consumer Presentations, aka *Hot Topics*, provide an avenue to learn about interesting topics, products or services. *Hot Topics* are outlined monthly in the newsletter, *The Mastick Bee*. To sign-up for the following presentations, visit the Mastick Office or call 747-7506.

#### Learn How to Avoid Unwanted Guests During the Summer Months

On **Tuesday, July 17**, at 1:00 pm in Room D, Officers **Al Zielstorff and Paul Hischier**, Alameda Police Department's Community Oriented Police and Preventive Services (C.O.P.P.S.) Unit, will present an informative workshop designed to promote personal and home safety during the summer months (and, throughout the year)! Topics will include tips for remaining safe while vacationing, experiencing severe weather, or while at home, as well as other safety tidbits!

#### Maintain Your Brain

The Alzheimer's Association and Mastick Senior Center will cosponsor this free presentation entitled, *Maintain Your Brain* on **Tuesday, August 7**, between 10:30 am and 11:30 am, in Room D. The presentation will feature nutritional and lifestyle advice, strategies to keep your memory sharp, interactive exercises and activities, and materials to take home for further reading. The workshop will also introduce attendees to scientifically rooted advice on brain health based on strong lifestyle choices.

#### DMV'S Reexamination Process

The Department of Motor Vehicles (DMV) has the authority to investigate and reexamine your ability to operate a motor vehicle safely due to a physical or mental condition or a poor driving record. On **Tuesday, August 14**, at 1:00 pm in Room D, **Julio A. Lacayo**, DMV Community Outreach Representative, will explain when and why a reexamination is required, what to expect during and from the reexamination process, what to expect if the DMV takes an action, and the consequences of not appearing for the reexamination.

