

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....

Back Basics...Helpful Tips for a Healthy Back

Alicia Perez, Physical Therapist, will discuss *Back Basics...Helpful Tips for a Healthy Back* on Tuesday, **December 4**, at 1:00 pm in Room D. This presentation will discuss elements that lead to back injuries, proper sitting postures, techniques to decrease strain on back, and exercises for a healthy back. Be proactive, learn how to decrease the risk of a back injury. To reserve a seat, visit the Mastick Office or call 747-7506.

Holiday Tree Lighting, Caroling, & MORE

The Mayor's Annual Holiday Tree Lighting Ceremony is the perfect way to welcome the holiday season with friends and family. This much anticipated event is scheduled for **Saturday, December 8**, at 5:30 pm in front of City Hall, 2263 Santa Clara Avenue. Enjoy a visit from Santa, the lighting of the City's official Holiday Tree located on the terrace of City Hall, a performance by the *Dancing Christmas Trees*, music by the *Mistletones* and the Community Band, holiday caroling, and souvenirs for children. This fun-filled event takes place rain or shine. **Be sure to mark your calendar and join in the holiday spirit!**

Mastick's Annual Holiday Sing-Along

Jim Franz, Alameda Red Cross, and Pastor Roger Bauer, Immanuel Lutheran Church, will provide the spirited instrumental background and lead us in our Annual Holiday Sing-Along. Join us for good cheer on **Thursday, December 13**, at 10:30 am in the media room. Enjoy a visit from Santa, refreshments, and spirits of the season!

Advisory Board Officers

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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

January Offers Cirque Du Soleil

We're excited to offer this show, featuring incredibly talented international performers! No meal with this program, so eat a late lunch (or early dinner) before we leave.

Thursday, January 17, 2008

2:45 pm to 7:45 pm

Cost: \$70

Activity Level: Two Shoes

Sign up begins: NOW!!

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.**

