

Aging in Place Week

Mayor Beverly Johnson will proclaim October 1-7, 2007, *Aging in Place Week*. *Aging in Place Week* encourages all seniors, retirees, and baby boomers to become proactive in planning for their long-term housing, care, and healthcare needs. This special week helps to promote educational programs that are available in our community year-round that address potential needs (e.g., housing, transportation, healthcare, etc.). Learn to live independently longer and successfully by participating in programs offered at Mastick Senior Center. ***On page 2, read about the CarFit Training and Mobility Resource Fair scheduled for Wednesday, October 24!***

Mastick Senior Center Activities @ a Glance

Mastick Senior Center publishes a monthly newsletter, *The Mastick Bee*, which is available in the Mastick Senior Center Lobby on the Information Wall or online at www.mastickcenter.com. The newsletter is the best source for upcoming events and program changes. For ongoing program information, consult the *Activities @ a Glance*, the "purple" flier available on the Information Wall, (Coffee Area) as well as online at www.mastickcenter.com. This flier is the best source for **ongoing** program information and outlines the activities scheduled Monday thru Sunday. Visit the Mastick Office or call 747-7506 for assistance.

Mastick Receives Generous Bequest

In July 2007, Mastick Senior Center was the recipient of a bequest in the amount of \$5,000. From time to time, Mastick Senior Center is the recipient of generous donations that come in the form of bequests. Such donations are used to support Center programs. Such thoughtful donations make a difference by providing programs and resources that enrich the lives of others.

Pool Tournament Update—

Mastick is Victorious over San Pablo!

On Friday, August 10, the *undefeated* Mastick Pool Players competed in an 8-Ball Pool Tournament against San Pablo Senior Center. After a grueling first game, the Mastick Pool Players were able to hold onto their undefeated title! ***Go Team Mastick!***

Book Club

On **Tuesday, October 2**, Book Club members will review a book of their choice (September was free read month!). On **Tuesday, November 6**, members will review "The Road" by Cormac McCarthy. If you have any questions, please contact **Kevin Brunetti**, Recreation Specialist, 747-7512.

Sunday Computer Workshop

On **Sunday, October 7**, between 1:00 pm and 4:00 pm, the Alameda Adult School will present a workshop on *Photo Sharing*. This workshop will explore online photo editing, organizing, and sharing services. Preregistration is a must and can be completed in the Mastick Office

Mastick Swingers Monthly Dance

Pumpkin Time

Monday, October 8, 2007

1:00 pm to 4:00 pm (Doors open at 12:30 pm)

Dance to music by Colin Dickie, socialize with friends, and enjoy wickedly refreshing treats in the Mastick Social Hall.

Cost: \$3 per person with membership card

\$4 per person w/out membership card

Thrift Shop Thank You

The Mastick Thrift Shop Volunteers want to thank the Mastick membership for the stream of beautiful donations and their continued support! The Mastick Thrift Shop is open to the public on Tuesday and Saturday from 10:00 am to 2:00 pm. ***Proceeds support Mastick Senior Center.***

