

New Member Orientation & YOU!

The New Member Orientation is a must if you are new to Alameda, recently retired, thinking of participating in Center activities. The New Member Orientation offers a guided-tour that introduces you to the Center, an information packet outlining the various activities, programs, and services, and a complimentary lunch provided by Bay Area Community Services (BACS)! Make a reservation to join us on **Thursday, February 14, at 10:30 am**, by stopping by the Mastick Office or calling **747-7506**. *We are looking forward to meeting you!*

Birthday Celebration

February "Birthdays" are invited to join us for the Birthday Celebration on **Thursday, February 21, 2008, 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 are accepted until **Thursday, February 14, 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 21, confirm your lunch reservation at the lobby desk by completing the lunch application and picking up your lunch ticket no later than 11:30 am*. We wish you a Happy and Healthy Birthday!

Powerful Women in Film—Part II

Lynne Elkin, Professor Emerita Biology, CSUEB, will present *Powerful Women in Film—Part II* on **Tuesday, February 19, at 10:00 am** in the Media Room. Early cinema offered audiences few images of powerful women. For decades only a scattering of strong mothers or a typical characters like those played by Mae West broke the pattern. The necessities of WWII changed things, but only briefly and with reservations. It took the advent of the women's movement to force an expansion of screen portrayals of truly powerful women. Sign up in the Mastick Office or call 747-7506. *Note: Part III is scheduled for Tuesday, March 18, at 10:00 am in the Media Room.*

Sunday Sewing (or Quilting) Lab

A Sewing/Quilting Lab is now available every Sunday between 1:00 and 3:30 pm in Room B. This is a wonderful opportunity to take advantage of the large tables, sewing machines, and peer support. Registration not required.

Balance & Dizziness...

Helpful Tips to Decrease Risk of Falls

Alicia Perez, Physical Therapist, will discuss *Balance & Dizziness...Helpful Tips to Decrease Risk of Falls* on **Wednesday, February 27, at 1:00 pm in Room D**. This presentation will familiarize you with elements that affect balance, a safe balance check list, techniques to decrease risk for falls, and exercises to improve balance. To reserve a seat, visit the Mastick Office or call 747-7506.

Spirit of 76 Pinball Machine

Lucky Ju Ju Pinball Gallery and the Neptune Beach Amusement Museum has loaned Mastick Senior Center the *Spirit of 76* Pinball machine. The machine is located in the Music Room off from the Lobby and is available for use Monday through Friday from 9:00 am to 4:00 pm, Sunday between noon and 4:00 pm. *The game is free!*

Glance Into the Future...

Adult Day Presentation

On **Tuesday, March 4, at 1:00 p.m. in Room D** representatives from Adult Day Services Network of Alameda County will discuss enjoyable daytime programs for frail elders or adults with chronic illnesses. These programs include therapeutic activities, recreation, health services, meals, transportation and supervised care. They provide much needed respite for caregivers while enabling participants to maintain their independence and continue living at home or with family members. To reserve a seat, visit the Mastick Office or call 747-7506.

Housing Options Round Table

On **March 12**, join us for an interactive forum exploring housing options for seniors. Local professionals may include Elder Law Attorney, Real Estate, Professional Organizer, Geriatric Care Manager, as well as representatives of local services and housing providers. Join us for the afternoon presentation between 2:00 pm and 3:30 pm or in the evening between 7:00 pm and 8:30 pm. To reserve a seat, visit the Mastick Office or call 747-7506.

Memory

Billie Gordon & Emma Au

"Our Condolences to family and friends."

