

*Or want to learn about interesting topics of interest (continued)...*

### **It's All About Your Bones**

Join **Donna Schuppert**, Foundation for Osteoporosis Research & Education (FORE), on **Thursday, August 28**, at 9:30 am in Room D for a presentation on Osteoporosis. Topics include: defining Osteoporosis; the affects on longevity and lifestyle; current treatment options available; and methods for improving your bones. On **Thursday, August 28**, between **10:30 am** and **3:30 pm**, representatives from FORE will provide *free* bone density scans *by appointment* for 50 individuals. To reserve a seat for the FORE presentation or to make an appointment for a bone density scan, please stop by the office or call 747-7506. *This event is co-sponsored by Kaiser, FORE, Supervisor Lai-Bitker, and Mastick Senior Center.*

### **Heartway Dollworks offer Dollmaking Class**

**Kim Soskin and Katie Harhen**, Heartway Dollworks, will present an opportunity to create dolls representing a treasured story or memory. Use simple techniques to dress or embellish the dolls to emphasize self-expression and personal creativity. This class will meet on **Monday, September 15 & 22**, at 10:00 am in Room B. Cost is \$5 per person per class. Materials are provided.



### **Digital Transition is Coming: Are You Ready?**

**Emmanuel Domkam**, Federal Communications Commission (FCC) Electronics Engineer, will present *Digital Transition is Coming: Are You Ready?* on **Tuesday, October 14, 2008**, at 1:00 pm in Social Hall. In February 2009, Federal law requires that all full-power television broadcast stations stop broadcasting in analog format and broadcast only in digital format. Learn what these requirements will mean for you and your television viewing.

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

### **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.

### **East Bay Retired Teachers Associations**

East Bay Retired Teachers Association meets in the Mastick Social Hall on the *first* Thursday of the month at 10:00 am. These 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. This group also promotes the welfare and social relationships of its members in ways compatible with public interest which includes 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!

### **Alzheimer's Caregiver 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. This group is for individuals caring for a loved-one with Alzheimer's Disease or dementia. **Shelley Cooper**, group facilitator, is from the Alzheimer's Association.

### **AARP Meets Monthly at 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.