

Or expand your knowledge of computers in a friendly environment (continued)...

Computer Lab

Computers are available for use 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. 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.

Saturday 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. Join us at 9:30 am!

On **Saturday, September 20, 2008**, the workshop topic will be *Label It*. This workshop will explore the smart way to keep track of disks, videos, and other accessories.

On **Saturday, October 11, 2008**, the workshop topic will be *Microsoft Vista*. This workshop will provide a brief overview of the new Microsoft Operating System (Vista) and items to consider before making a purchase.

On **Saturday, November 15, 2008**, the workshop topic will be *Picasa*—a free photo program. Through this workshop learn to edit, enhance, and organize your photos with Picasa. *Students must bring a U3 enabled flashdrive to class.*

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

Osher Lifelong Learning Institute

The Osher Lifelong Learning Institute, funded by the Bernard Osher Foundation and CSU East Bay, provides opportunities for intellectual stimulation and learning to mature students (50+) in Alameda and Contra Costa counties. Osher Lifelong Learning Institute has expanded its program and will be offering classes at Mastick Senior Center. For more information about Osher Programs, visit www.scholarilli.com, call 925-602-6776, or visit the Mastick Office.

*Current Events

Thursdays, 9:30 am to 11:30 am, Dining Room 2
Bob Reilly, Alameda Adult School Instructor

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 reserve a seat for the presentations listed below, visit the Mastick Office or call 747-7506.

Older Driver Safety

Become More Informed & Active

On **Tuesday, July 22**, trained experts from the Alameda County Public Health Department's Senior Injury Prevention Project are partnering in the *DriveWell* program with the American Society on Aging and will lead an interactive discussion to help you: Learn more about what you can do to maintain your driving skills; encourage older drivers to take charge of their driving safety; promote community conversations for driver safety; participate in an open discussion about the issue of mobility as we age; and obtain information about local driving and mobility resources. Join us at 1:00 pm in Room D.

Alzheimer's Overview

On **Thursday, July 31**, at 10:30 a.m. representatives from the Alzheimer's Association will provide an overview of Alzheimer's Disease including the warning signs of dementia, differences between dementia and Alzheimer's disease, diagnosis and risk progression, factors and research, and accessing community resources. Join us in Room D.

Diabetes Conversation Map

A Conversational Map is designed to help you discover what you want and need to know about managing your Diabetes or that of a loved one. **Jane Dolphin**, RN, will facilitate this *four-part* conversation beginning **Monday, August 4**, between 9:00 am and 10:30 am in Room D.

“Schools out.....Drive Carefully”