



Making Connections • Staying Active • Living Well

October

Visit us at [www.mastickcenter.com](http://www.mastickcenter.com)

2016

### **Mastick Senior Center Advisory Board Fundraising Activities**

The Mastick Senior Center Advisory Board (MSCAB) is the active administrative advisory committee for the Center. MSCAB members along with Center volunteers are instrumental in facilitating various fundraising programs to generate revenue to offset services and facility maintenance expenses.

#### **Saturday Fundraising Bingo**

**Trick or Treat Bingo!! Take a chance in October!**

(Open to the public, 18 years of age and older)  
Doors open at 9:30 am/First game at 11:30 am

#### **Thrift Shop (Open to the public)**

Holiday decorations are on sale NOW!!  
Tuesday & Saturday..... 10:00 am to 2:00 pm

### **Join the fun as a volunteer or participant!**

#### **Membership Renewal is Underway**

Membership is **FREE**, extended to those **50** plus, and **required** to participate in the various activities, programs, and services offered at the Center. Membership can be renewed in the Lobby, Monday through Friday from 9:00 am to 4:00 pm. Membership for FY 2016-17 is valid from July 2016 through June 30, 2017. Sign up today!

#### **Mastick Movie Schedule**

Enjoy the **Mastick Movie Matinee** and **free** popcorn every **Thursday** at 1:00 pm in the Media Room. The schedule is as follows:

Thursday, October 6.....Concussion  
Thursday, October 13.....The Meddler  
Thursday, October 20.....The Homesman  
Thursday, October 27.....Hocus Pocus

### **Local Day Trip Program!**

Register online at [www.arpdeplay.com](http://www.arpdeplay.com) or in the Mastick Office, Monday - Friday from 9:00 am - 3:00 pm. **For more information or to learn about Extended Travel opportunities**, contact Ed Kallas, Recreation Services Specialist, at [ekallas@alamedaca.gov](mailto:ekallas@alamedaca.gov) or 747-7511.

#### **Current travel opportunities include:**

#### **Allied Arts Guild / Hiller Aviation Museum (Class #17221)**

**Wednesday, October 19, 8:30 am - 3:30 pm**  
**Cost \$40**

Enjoy a docent-led tour of the Allied Arts Guild, a garden oasis featuring artists' studios and unique shops. Following lunch, visit the Hiller Aviation Museum, a Smithsonian Affiliate, featuring a collection of over 50 aircraft from more than a century of aviation history.

**Activity Level: Strenuous Striders**

#### **Museum of Modern Art, San Francisco (Class #17222)**

**Monday, November 7, 9:00 am - 2:30 pm**  
**Cost: \$55.00**

Enjoy a docent-led tour of the recently remodeled Museum of Modern Art in San Francisco. Lunch is included.

**Activity Level: Moderate Movers**

Funding provided, in part, by Measures B/BB.  
Administered by Alameda County Transportation  
Commission (CTC).

### **Mastick A+ Library**

Honor System, No checkouts and renewals.  
Daily Newspapers, Cookbooks, Detective/Sp  
Thrillers, Terry Brook's Shannara Series, Local  
Authors, Foreign Language Section, Poetry,  
Non-fiction, Biographies, Novels, Coffee Table  
Books for browsing. Large Print Books.  
Volunteers at your disposal, Mon/Wed/Friday  
10:00 am to Noon. Enjoy!

**From Blue Lines to Zambonis:  
Ice Hockey for the Beginner**

**Tuesday, October 4, 10:00 am - 11:30 am,  
Room E**

Join Ed Kallas, Recreation Services Specialist, to learn about equipment, how the game is played, and how the ice is prepared in this entertaining presentation. Ed officiated professionally, plays and has coached the sport over the course of 28 years. **Preregistration required, please call 747-7506.**

**Mastick Book Club**

On **Tuesday, October 4**, Book Club members will review "Digging to America" by Ann Tyler at 12:00 in Dining Room 2. "The Round House" by Louise Erdrich will be reviewed on November 1.

**Radio in 1922: What the Boys & Girls Knew  
Tuesday, October 4, 1:00 pm, Room D**

Stations were licensed and children led the way, building their own radios and fascinating their parents. Did children invent popular radio broadcasting in the U.S.? Attend the California Historical Radio Society's presentation to get the answers! **Preregistration required, please call 747-7506.**

**Beginning Ceramics (Class #17214)**

Join Bonnie Boller, Instructor, on **Thursdays** beginning **October 6**, from 9:30 am to noon in the Skill Center for an introduction to hand-building, throwing of clay pottery, and sculpture. This 10-week class is \$111 (\$30 supplies fee). **Register online at [www.arpdeplay.com](http://www.arpdeplay.com) or in the Mastick Office.**

**Alameda Community Band**

On **Tuesday, October 11**, at 7:30 pm, the Alameda Community Band will provide a **free** concert at the **Veteran's Memorial Building** (2203 Central Avenue). This event is open to the public.

**Outdoor Exercise Equipment Workshop**

Join Tatiana Stollman, Fitness Instructor, on **Wednesday, October 12**, at 10:05 am or **Thursday October 20**, at noon to learn how to safely use and benefit from the new outdoor exercise equipment located in the Mastick Courtyard. Free! No registration required, simply go to the courtyard!

**Chair Yoga (Class #17224)**

Join Darlene Cruz, Certified Yoga Instructor, for Chair Yoga on **Wednesdays (October 12 - November 16)** from 10:30 am to 11:45 am in the Social Hall. Cost: \$42. **Preregistration required. Register in the Mastick Office or online at [www.arpdeplay.com](http://www.arpdeplay.com).**

**Jewelry Sale in the Mastick's Lobby**

Begin your holiday shopping on **Wednesday, October 12 and Friday, October 14**, 10:00 am to 2:00 pm, in the Mastick Lobby!! The Mastick Thrift Shop will be selling gently used jewelry and MORE!

**Transcontinental Railroad (TCRR) - FREE**

On **Wednesday, October 12** at 1:00 pm in Dining Room 2, Roger S. Dong, founder of the Chinese American Heroes organization, will present on the Transcontinental Railroad, the world's greatest infrastructure project of the 19th Century. **Preregistration required, please call 747-7506.**

**New Member Orientation & YOU!**

Enjoy a guided-tour of the Center, an information packet outlining the various programs, and a coupon to enjoy a complimentary lunch! To reserve a seat to join us on **Thursday, October 13**, at 10:30 am, call 747-7506.

**Under One Roof**

On **Monday, October 17**, 1:30 pm – 3:00 pm in Dining Room 2, Adam Henig, B.S., political science, CSUC, author, will commemorate how Jackie Robinson smashed Major League Baseball's color barrier in 1947. Henig offers a vivid portrait of this troubled era in America's past and brings to light the lives of civil rights activists. This CSUEB Scholar-OLLI program is sponsored by the MSCAB. **Preregistration required, please call 747-7506.**

**PoleWalking to Maintain Balance & Mobility**

Jayah Faye Paley, Instructor, returns on **Tuesday, October 18**, from 12:30 pm to 3:30 pm in Room D to teach PoleWalking! Improve balance, posture, and endurance; strengthen core muscles; and reduce falling. The cost is \$28 for first time students and \$15 for returning students. **Preregister required. To register, visit the Mastick Office.**

**Aging with a Pet**

**Wednesday, October 19, 1:00 pm in Room D**  
FAAS representatives will discuss the benefits of aging with a pet. They will be accompanied by furry friends! Sponsored by Elders Village and AEC Living. **Preregistration required, please call 747-7506.**

**City Manager to Visit Mastick Senior Center**

Welcome Jill Keimach, City Manager, to the City of Alameda on **Thursday, October 20**, at 10:00 am in the Mastick Social Hall. **Preregistration required, please call 747-7506.**

**Self-Acupressure (Class #17217)**

**Tuesdays, October 25 - November 15**

**1:00 pm - 2:30 pm, Room E**

Learn practical self-help acupressure techniques for various ailments including allergies, digestive issues, stress and anxiety. Additionally, learn and practice deep breathing techniques to quiet and relax body, mind and spirit. Cost: \$60 **Register online at [www.arpdeplay.com](http://www.arpdeplay.com) or in the Mastick Office.**

**Yoga**

**Class #17247 (T) /Class #17250 (W)**

Rosemary McNally, Instructor, leads Yoga in Room A on Tuesdays (**October 25 - November 29**) from 10:30 am to 12:00 for \$42 or Wednesdays (**October 26 - November 30**) from 9:00 am to 10:30 am for \$42. **Register online at [www.arpdeplay.com](http://www.arpdeplay.com) or in the Mastick Office.**

**Funerals and Memorials Seminar**

**Tuesday, October 25, at 1:00 pm, Room D**

Join Barbara Boag, Greer Family Mortuary and Cremation Services, for an informative seminar on funeral services. Topics include: Value of Ceremony; Current Trends in Funeral Service; the Service; Costs; the Role of the Funeral Director; and a Q & A session. **Preregistration required, please call 747-7506.**

**Birthday Party Celebration**

If you are celebrating a birthday in October, join us for the Birthday Celebration on **Thursday, October 27**, at 12:30 pm in Dining Room 2. Enjoy cake and good cheer!

**Goblins Groove Halloween Dance**

**Thursday, October 27, 1:00 pm to 3:30 pm,  
Social Hall**

Wear your costume and GROOVE with us at the Goblins Groove Halloween Dance! Attendees in costume have a chance of winning awards! Friends welcome and refreshments included! Cost: \$2 per person.

**Music Appreciation**

Join William Sturm, Volunteer Instructor, on **Thursday, October 27**, at 1:30 pm in Dining Room 2 for a piano recital and discussion of music by romantic Swedish composers, "Music from Sweden".

**Trick or Treats at Mastick**

**Monday, October 31, at 12:00, DR I**

Join us as we give out treats to our costumed-neighbors from the ABC Preschool.

**Alameda Hospital's Community Health Fair**

The Alameda Hospital Community Health Fair (2070 Clinton Ave) is scheduled for **Saturday, October 22**, from 9:00 am to noon, and offers a variety of **free** health screenings, activities, and exhibits for the entire family. **Be sure to get your flu shot!!**

**November Highlights...****Daylight Saving Time Ends**

**Sunday, November 6**, marks the end of Daylight Saving Time. Remember to set clocks back one hour. This is also a good time to replace batteries in smoke and carbon monoxide detectors, remote controls, and other electronic devices. Also, consider rotating or assembling disaster supplies.

**Alexander Technique: Breathing Well**

**Tuesdays, November 8 and 15,**

**2:00 pm - 3:00 pm, Room D**

Breathing is a full body act and it should be automatic and effortless unless we interfere with it. Learn how applying principles of the Alexander Technique can help you to improve not only your breathing but also your health and overall functioning. **(Class #17232)**

**Heavenly Hair at 50!**

**Tuesday, November 8, at 1:00 pm, DR 2**

Hair changes as we mature. The amazing Brandon of Complements Salon will enchant us with demos and tips on how to care for aging hair. Learn about hair loss, hair color, extensions, wigs, and MORE! Sponsored by Elders Village and AEC Living. **Preregistration required, please call 747-7506.**

**Computer Classes**

Computer instruction is offered from 1:30 p.m. to 3:30 p.m. in Room C. Preregistration required (at least three days prior to class start date), by visiting [www.arpdeplay.com](http://www.arpdeplay.com) or the Mastick Office. **Flash drive required.**

**File Management**

**Mondays, October 3, 10 & 17**

Cost: \$30 (Class #17238)

This course will cover files, file types, folders and libraries, as well as tips for selecting, moving, copying and sorting files using the Windows File Manager.

**Prerequisite:** Experience with Windows OS.

**Internet Search - Better Results**

**Wednesdays, October 5, 12 & 19**

Cost: \$30 (Class #17447)

Improve your Internet search strategies so you get more relevant and accurate results. Take a look at different search engines (Bing, Mamma, E-how, Duck,Duck,Go, etc.) to see which ones might work better for you.

**Prerequisite:** Experience with Windows OS.

**Design Your Own Art Projects**

**Mondays, November 7, 14, 21 & 28**

Cost: \$40 (#17239)

Computer drawing and design programs provide a great variety of templates, tools and options for creating original artwork. Learn to use Microsoft Paint and Word drawing and design tools.

**Prerequisite:** Experience using the computer.

**Photoshop Elements**

**Wednesdays, November 2, 9, 16 & 30**

Cost: \$40 (#17234)

Learn to edit your photos: crop, clone, adjust lighting, contrast and color, remove defects and add effects. Bring your photo collection to work with.

**Prerequisite:** Experience with Windows OS.

**Mastick Senior Center**

a division of Alameda Recreation & Parks  
1155 Santa Clara Ave, Alameda, CA 94501  
(510) 747-7500-Fax 523-4071-TDD/TTY 522-5160  
Programs and services for adults 50 and older.  
Program Information: [www.mastickcenter.com](http://www.mastickcenter.com)

E-mail: [jkrause@alamedaca.gov](mailto:jkrause@alamedaca.gov)  
[ekallas@alamedaca.gov](mailto:ekallas@alamedaca.gov)

Suggestion Box: [MastickSuggestion@alamedaca.gov](mailto:MastickSuggestion@alamedaca.gov)

Weekday Program Hours 8:30 am-4:00 pm

Office Hours: 9:00 am-3:00 pm

Alameda Recreation & Parks Director: Amy Wooldridge

Recreation Manager: Jackie Krause

Recreation Services Specialist: Ed Kallas

The content of the presentations and the opinions of the presenters do not necessarily reflect those of the City of Alameda.

**Mastick Senior Center Advisory Board (MSCAB)**

**Officers**

- Paul Hauser ..... President
- Mariel Thomas ..... Vice President
- Lorraine Meuleners ..... Treasurer
- Nancy Gormley ..... Corresponding Secretary
- Lola Brown ..... Recording Secretary

**Directors**

Marilyn Appezzato, Ginny Carney, Mary Foss, Earleen Hamlin, Bonnie Leber, Ron Limoges, Karen Nadzan, Bill Soares, George Tarr, and Linda Weinstock.

**Our mission statement:**

*Mastick Senior Center's mission is to provide a well-rounded education, social, & recreation program for adults 50 years of age and older.*

**Our vision statement:**

*Mastick Senior Center's vision is to offer a variety of quality programs and services in the areas of health, education, and recreation to our seniors and the community.*

**Mastick Supporters...**

The MSCAB raised over \$7,200 from this summer's donation campaign. A special thank you to the following members for their support and donations:

Anto Aghapekian, Lucille A. Bailey, Laurence Berger, Kathleen Berquist, Mary Bissett, Mildred Black, Patricia Bowen, Dorothy N. Brandt, William Steven Briers, Gary and Lola Brown, Viola Bryson, Mahera Carim, Wai Fong Lui Chak, Carol Chamberlin, Nira Charusanti, Lois J. Chase, Ellen and Glen Chesnut, Frances Chew, Carol Chong, Frances X. Clasby, Jr., Dolores Cysewski, Lee Stuart and Virginia Darrow, William Dekleer, D. T. Dessling, Corinna Domagas, Facio Family, Isabella Fahrney, June Fedor, Lydia Fernandez, Tazuko Fields, Virginia Forbes, Iris Ann Fraser, Louis H. Freeman, George and Judy Furuichi, Shahrenas Ghoneim, Robert Gibbs, Lucinda Glenn, Marilyn Goldberg, Wes and Shirley Gouveia, Shirley Gow, Terry Greig, Neila Hallenbeck, Keiko Harvey, George Herbert, Mary C. Herman, Frances Herrera, Sergio and Baudilia Herrera, Agnes Ho, James A. Hudkins, Diana Huntley, Bill and Rosella Jackson, Judy Jacobs, Rubye Jordan, Adair Jorgensen, Mary A. Kearney, Julie Kennedy, Marlene Kerr, Elaine Kofman, Frances C. Kofranek, John Kofranek, Arlyce Kraft, Patricia Lamborn, Joyce Larrick, Daisy Lee, Mary Lilley, Melvin Lim, Wai Lon, Marymount Village Retirement Center, Kazuko Matsuda, William McClellan, Mary Mitsuda, Kyoko H. Moser, Carol Moss, Mieko Moulton, May Nee, Leynor Nelson, Olga Oleynikova, Heidi Palacios, Lynn Parks, Alta Picchi, George and Carol Quinn, Benjamin Quintero, Mary J. Ricafort, Selman Riskin, Ann Rossi, Marge and Walt Ryan, Elba Sanchez, Laura Sanchez, Schroeder-Dent Printing, Mary Scott, Clara Sigmon, Charles Smith, George W. Spott, James Stephens, Stan Stiles, Ralf and Janice Stinson, Jim Thompson, Betty Ting, Teresita F. Torres, Philip Tribuzio, Zhanetta Vaysman, Annette Waite, Nancy Wehr, Frances Winberg, Chung T. Yuen, Sarah Yuen, Wahine U', Elizabeth Walton, Claire Whybrew, Barbara Wildman, Marian Williams, Joan Wilson, June Wong, and Carol Young.