



Making Connections • Staying Active • Living Well

September

September is National Senior Center Month!

2016

MSCAB Fundraising Programs

The Mastick Senior Center Advisory Board (MSCAB) supports various fundraising programs which are staffed by volunteers to generate revenue to support Mastick programs and facility maintenance. Programs include:

Saturday Fundraising Bingo

(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)

Tuesdays & Saturdays.....10:00 am to 2:00 pm

Join the fun as a volunteer or participant!

Mastick Holiday Closure

On **Monday, September 5**, Mastick Senior Center will be closed for the Labor Day holiday.

Disc Golf: Seniors, Teens and Grandkids

Mif Albright Par 3 Golf Course

Wednesday, September 21 at 4:00 pm

Cost: \$17 (**Class #17245**)

Seniors, teens, and grandkids, will enjoy this fun and easy game targeting flying discs into "pins". Program includes: "9-hole match", use of ARPD equipment and hot dog/drink combo. Staff will provide instruction. Register by September 16 at www.arpdisplay.com or in Mastick's Office. For more information, call 747-7511.

Mastick Senior Center Receives Grant

The Alameda County Board of Supervisors recently approved a grant for Mastick Senior Center in the amount of \$29,160. The grant will help to defray Center staffing expenses. We are very thankful for the support received from Alameda County and extend appreciation to the Alameda County Board of Supervisors **and the Area Agency on Aging for their commitment to Mastick Senior Center and the City of Alameda!**

MSCAB Scholarship Program Benefits YOU

The Mastick Senior Center Advisory Board (MSCAB) Scholarship Program is funded by the MSCAB's fundraising programs and provides assistance up to 50% (not to exceed \$50) to members **four** times per year to offset the cost of Mastick classes, trips, and/or programs. **Scholarship applications must be submitted at the time of program registration.** Program registration assistance is available in the Mastick Office.

Battery Recycling Program

The Battery Recycling Program is available at Mastick Senior Center as follows:

- 1) Batteries must be brought to the Lobby Desk between 10:00 am - 3:00 pm;
- 2) Batteries must be received by a Mastick Volunteer;
- 3) 9 Volt Batteries must be taped at the ends; &
- 4) Ink cartridges and light bulbs are **NOT** accepted items.

A Guide to Watching Pro Football

Thursday, September 1, Room E

Pigskin 101: 10:00 am; Adv. Pigskin: 12:00

Join Ed Kallas, Recreation Services Specialist, for a fun instructional presentation on America's favorite sport. Learn about the history, rules, object, and player positions of various football leagues. Looking for more FOOTBALL? If so, stay for the advanced class! **Preregistration is required for each class. Please call 747-7506.**

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, September 1.....Race
- Thursday, September 8.....My Name Is Doris
- Thursday, September 15.....The Revenant
- Thursday, September 22.....Blazing Saddles
- Thursday, September 29.....Age of Love

Local Day Trip Program!

Register online at 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 or 747-7511.

Current travel opportunities include:**Allied Arts Guild / Hiller Aviation Museum (Class #17221)**

Wednesday, October 19, 8:30 am - 4:00 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 Book Club

On **Tuesday, September 6**, Book Club members will review "My Promised Land" by Ari Shavit at 12:00 in Dining Room 2. "Digging to America" by Ann Tyler will be reviewed on **Tuesday, October 4**. If you have any questions, please contact the Mastick Office at 747-7506.

American Sign Language (ASL)

Learn alphabetic and numeric fingerspelling, shapes, greetings, simple sentences and games with Sheila Holmes, Instructor, on **Mondays** beginning **September 12**, in Room D. The class cost is \$25. **Preregistration required. Register in the Mastick Office or www.arpdeplay.com.**

Beginning (Class #17256): 12:15 pm to 1:15 pm
Advanced (Class #17258): 1:15 pm to 2:15 pm

Creative Writing

Learn the art and craft of writing—creating art with words. This class includes weekly writing assignments, lectures, discussions, in-class writing exercises, and outside examples of poetry and literature. Classes resume on **Tuesday, September 13**, from 10:00 am to 1:00 pm in the Media Room. *Fees are determined at the onset of the class.*

Outsmart the Scammers

Tuesday, September 13, 10:00 am, Room E

Jane Watson with Edward Jones Investments, will explain why incidents of fraud are on the rise and how scammers' tactics are becoming more complex. This presentation will help give attendees the information they need to *Outsmart the Scammers*. **Preregistration required, please call 747-7506.**

Yoga

Class #17246 (T) / Class #17249 (W)

Rosemary McNally, Instructor, leads Yoga in Room A on Tuesdays (**September 13 - October 18**) from 10:30 am to 12:00 and Wednesdays (**September 14 - October 19**) from 9:00 am to 10:30 am. Improve flexibility and balance while reducing stress. These six-week sessions are \$42. **Preregistration required. Register in the Mastick Office or www.arpdeplay.com.**

New Member Orientation & YOU!

The New Member Orientation provides a guided-tour of the Center, an information packet outlining the various programs, and a coupon to enjoy a complimentary lunch! Join us on **Thursday, September 15**, at 10:30 am in the Media Room. **Preregistration required, please call 747-7506.**

Tarot Meditation Group - FREE

3rd Thursdays of the Month

Thursday, Sept. 15, 11:00 am - 12:00, Rm D

Have you ever wanted to learn more about Tarot? If so, this class will provide an opportunity to learn by using the cards and meditation. Please bring Tarot deck, notebook and pen/pencil. Colored pencils optional. Designed for anyone interested in Tarot. **Preregistration required, please call 747-7506.**

Teens Teaching Technology--FREE

On **Thursday, September 15**, 4:00 pm to 5:00 pm in Room C (Computer Lab), ARPD Teens will assist and familiarize individuals with personal portable devices such as tablets, smart phones and laptops. Bring your portable device(s) with you. **Preregistration required, please call 747-7506.**

Drawing and Painting Class**Class #17269 (F)**

Join Mi'Chelle Fredrick, Instructor, on **Fridays (September 16)** from 9:30 am to 12:30 pm in the Skill Center for art instruction (lesson/lecture), independent study, and group critique. This nine-week class is \$70, plus materials expenses. (Class holiday: 11/11) **Preregistration required. Register in the Mastick Office or www.arpdeplay.com.**

In the Garden with Alison Limoges - FREE

Join Alison Limoges, Alameda County Master Gardener and Alameda Backyard Growers Board Member, on **Tuesday, September 20**, at 11:00 am in Mastick's Community Garden to learn about container gardening, ornamentals and veggies, seeds vs. starts, cover crops, composting, garden friends and pests, and climate. Bring your questions! **Preregistration required, please call 747-7506.**

Quilting with Kathleen Fennelly

Kathleen Fennelly, Instructor, offers a quilting class that is enjoyable for new and experienced quilters. The cost is \$40 for 10 weeks of instruction. **Register in the Mastick Office or www.arpdeplay.com.** The fall schedule is as follows:

Mondays: September 19 - December 5
(Class #17270) 9:30 am to 11:30 am

Thursdays: September 22 - December 8
(Class #17272) 9:30 am to 11:30 am
(Class #17273) 1:00 pm to 3:00 pm

Deep Sound Meditation with Helen Calhoun

Tuesdays, September 20 - October 11

1:00 pm – 2:00 pm, Room E

Four-Session Workshop ~ \$50

Engage in various forms of meditation to reach deep levels of peaceful and relaxed states incorporating music, guided meditation, Tai Chi, and Qi Gong. **(Class #17216)**

Benefits for Former Atomic Workers

Tuesday, September 20, 1:00 pm, Room D

Learn about the Energy Employees Occupational Illness Compensation Plan Act (EEOICPA), established in 2000, to provide monetary compensation and free medical care to current and former Department of Energy Employees who are ill due to exposure to radiation and/or toxic chemicals during their employment. The program is administered through the Department of Labor (DOL). Presented by Nuclear Care Partners, an approved medical provider under the U.S. Department of Labor programs. **Preregistration required, please call 747-7506.**

Travel Presentation

On **Tuesday, September 20**, at 10:00 am in Room E, Ed Kallas, Recreation Services Specialist, will preview upcoming day trips planned for 2017. Collette Tours representatives will preview extended travel tours including: Sunny Portugal, Southern Charm, and Spotlight on Tuscany

9th Annual Ice Cream Social

On **Wednesday, September 21**, at 12:30 pm in the courtyard, welcome the cool breeze of autumn by indulging in ICE CREAM! The cost is \$2 per person paid in advance in the Mastick Office and entitles you to one ice cream sundae provided by Tucker's Ice Cream. Sponsored by the MSCAB. **Preregistration required, please call 747-7506.**

Your Brain on Dance - FREE

Thursday, September 22, 1:00 pm, Room A

Learn how dance stimulates the mind to promote learning and retention. LaurieAnn Lepoff, Facilitator, uses dance to assist with physical and cognitive development. **Preregistration required, please call 747-7506.**

Pickleball for 50 & Up

Wednesdays, September 14 - October 19,

6:00 pm - 7:30 pm, Lincoln Park

Pickleball combines the fun of Ping Pong and Tennis. The format is "drop-in" and play for fun. Loaner equipment available. Preregistration required at Mastick Center or at www.arpdeplay.com **(Class #17244)**. Cost: \$18

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 or the Mastick Office. **Flash drive required.**

Beginning Computer

Wednesdays, September 7, 14, 21, & 28

Cost: \$40 (Class #17233)

This course is for beginners who have little or no experience with computers. The class will cover the computer basics. **No Prerequisite.**

Computer Security & Privacy

Mondays, September 12, 19, & 26

Cost: \$30 (Class #17445)

This class will review security software, privacy settings and the kinds of security breaches and scams to protect you while surfing the web and communicating with social media.

No Prerequisite.

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.

Birthday Party Celebration

If you are celebrating a birthday in September, join us for the Birthday Celebration on **Thursday, September 22**, at 12:30 pm in Dining Room 2. Enjoy cake and good cheer (lunch not included).

Music Appreciation Class

On **Thursday, September 22**, at 1:30 pm in Dining Room 2, enjoy a discussion and performance of "The Flute" featuring flutist Catherine Jennings and pianist Bill Sturm.

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

E-mail: jkrause@alamedaca.gov

ekallas@alamedaca.gov

Suggestion Box: 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 Wooldrige

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 HauserPresident

Mariel ThomasVice President

Lorraine MeulenersTreasurer

Nancy GormleyCorresponding Secretary

Lola BrownRecording Secretary

Directors

Marilyn Appezzato, Ginny Carney, Mary Foss, Earleen Hamlin, Bonnie Leber, Ron Limoges, Karen Nazden, 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.

English as a Second Language (ESL)

Learn English with Dolly Fong, Instructor, on **Tuesdays (September 27 - November 15).**

This class meets in Room D from 10:00 am to 12:00. Cost: \$20 per person. **Preregistration required. Register in the Mastick Office or www.arpdeplay.com. (Class #16746)**

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. To register, 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.**