



Mastick Bee



June *“Visit us at www.mastickcenter.com”* **2015**

Mastick Senior Center Advisory Board Fundraising Activities

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.

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)

Tuesday & Saturday.....10:00 am to 2:00 pm

Mastick’s Western Round-Up 28th Annual Thrift Shop Fashion Show & Spring Luncheon

The Thrift Shop Fashion Show & Spring Luncheon held on Thursday, May 14, was a wonderful success netting over \$3,300 for Mastick programs. A special thank you is extended to the Thrift Shop volunteers, Alameda Rotarians for serving at the luncheon, Bill Sturm, pianist, local merchants, and Mastick members for their ongoing support of Mastick Senior Center and the Thrift Shop.

Measure A: School Parcel Tax Exemption

Alameda residents (Owner-Occupants Only), 65 and older, are eligible to apply for an exemption from the Alameda Unified School District’s (AUSD) Measure A Parcel Tax approved by voters on March 8, 2011. New applicants can pick up an exemption form in the Mastick Office, electronically at www.alameda.k12.ca.us, at AUSD (2060 Challenger Drive), or by calling 1-800-273-5167. **The application deadline is June 30, 2015.**

Fitness Classes

It’s not too late to sign up for fitness classes. Join Julie Manown, Instructor, in the Mastick Social Hall from 9:00 am to 10:30 am. Select from the following options:

Options	Class#	Start	End	Fee
Monday	15131	6/1/15	8/31/15	\$45
Wednesday	15297	5/27/15	9/2/15	\$45
Friday	15132	5/29/15	9/4/15	\$42
2 days/wk	15133	5/27/15	9/4/15	\$60
3 days/wk	15302	5/27/15	9/4/15	\$90

Register on-line at www.arpdeplay.com or in the Mastick Office.

American Sign Language (ASL)

Keep your brain sharp and fingers nimble with ASL. Sheila Holmes, Instructor, will teach you alphabetic and numeric fingerspelling, shapes, greetings, simple sentences and games. The class cost is \$25. Classes are offered on **Mondays** beginning **June 1**, in Room D as follows: Beginning (**Class #15127**) from 2:00 pm to 3:00 pm and Continuing (**Class #15128**) from 1:00 pm to 2:00 pm. Preregister online at www.arpdeplay.com or in the Mastick Office. **(Note: Class will not meet on July 13.)**

Mastick Book Club

On **Tuesday, June 2**, at 12:00 Noon in Dining Room 2, Book Club members will review “Steve Jobs” by Walter Isaacson. “Defending Jacob” by William Landay will be reviewed on Tuesday, July 7. If you have any questions, please contact the Mastick Office at 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, June 4.....Unbroken
Thursday, June 11.....Wild
Thursday, June 18.....Foxcatcher
Thursday, June 25.....Thunder Birds

Computer Classes

Computer classes are offered from 1:30 pm to 3:30 pm in Room C. Fliers outlining class particulars are available in the Mastick Lobby. **Preregister in the Mastick Office.**

Photoshop Elements

Wednesdays, June 3, 10, 17, & 24, 2015

Cost: \$40 (four-part workshop)

Introduction to Computers

Thursdays, June 4, 11, 18, & 25, 2015

Cost: \$20 (four-part workshop)

Prerequisite: Computer Foundations Course or basic computer skills. Flash drive required.

Travel with Us...

Playland-Not-at-the-Beach/ 4th Street Shops

Enjoy vintage pinball and carnival games, see old time sideshows, live magic shows, and historic exhibits with artifacts from the Sutro Baths and Whitney's Playland. Then, "shop 'til you drop" in Berkeley. Snack provided--but, LUNCH is on your OWN!

Monday, July 20 - 10:00 am to 3:30 pm

Cost: \$20 (lunch NOT included)

Activity Level: Three Shoes

Sign up begins: **Thursday, June 4**, at 8:30 am in Dining Room 2 or online at www.arpdeplay.com (Class # 15286).

Monterey Bay Aquarium and Cannery Row

Explore the beauty, share the wonder, and be mesmerized at the internationally acclaimed Monterey Bay Aquarium. Then, walk Cannery Row for sights, sounds, smells and tastes....LUNCH is on your OWN.

Tuesday, August 11

8:00 am to 6:00 pm

Cost: \$50 (lunch NOT included)

Activity level: Three Shoes

Sign up begins: **Thursday, July 2**, at 8:30 am in Dining Room 2 or online at www.arpdeplay.com (Class # 15624).

Spring into Friends! Dance

Join us on **Wednesday, June 10**, from 1:00 pm to 3:30 pm in the Social Hall for dancing and fun with DJ Norma Nocera. Volunteers enter *free* with volunteer badge. Cost is \$2 per person. Bring a friend for free! Dancing, refreshments, and FUN!!

Drumming Circle @ Mastick—Free!

Improve circulation in your hands and body, loosen stiff joints in shoulders, arms, and wrists, and stimulate the mind with drumming! Join the Mercy Retirement Community Drum Circle on **Thursday, June 11**, at 2:30 pm in Room A for a musical experience. To register, call 747-7506.

New Member Orientation & YOU!

The New Member Orientation is a must if you are recently retired or wanting to learn more about the Center! This Orientation offers a guided-tour to introduce you to the Center, an information packet outlining the various activities, programs, and services, and a complimentary lunch coupon! Make a reservation to join us on **Thursday, June 11**, at 10:30 am by visiting the Mastick Office or calling 747-7506.

VA Benefits and YOU!

Tuesday, June 16, 1:00 p.m. in Room D

Donell Lewis, Veteran Service Representative (VSR), with the County of Alameda Veterans Service Office located in Oakland will provide an overview of local, state and federal benefits available to veterans and their dependents. To register, call 747-7506.

FREE-Victoria's Legacy in Alameda-FREE

Ever notice how many fancywork houses line the streets of Alameda? More than 4,000 structures date from the reign of England's Queen Victoria, who ruled from 1834-1901. Learn to recognize Victorian details and distinguish amongst the 19th century architectural styles that abound with Judith Lynch, local author and former City of Alameda Historical Advisory Board member. This class is offered on Tuesdays and Thursdays from **June 16 to July 7**, from 10:00 am to 11:00 am in Room E. Preregister by calling 747-7506.

Father's Day BINGO!!!

Join us on **Saturday, June 20**, for Father's Day Bingo! Men, 18 years of age and older, will receive a free ½ Bingo pack compliments of the MSCAB and Mastick Bingo Committee.

Evening Hours @ Mastick Senior Center!

Join us for evening programs beginning **Wednesday, June 17**, from 5:30 to 8:30 pm. For class offerings, refer to the schedule below. For more information, visit the Mastick Office or call 747-7506.

AARP Smart Driver Course

This course is designed for individuals age 50 and older. Advance registration and payment required in the Mastick Office.

Cost: \$15 AARP members/\$20 non-members (Payable by check ONLY to AARP.)
Location: Room D

The **standard course** is offered in two, four-hour sessions over a two-day period from **5:00 pm to 9:00 pm on June 17 & 24**.

The **refresher course** is offered in one, four and a half hour session from **5:00 p.m. to 9:30 p.m.** and is available to individuals that have taken the standard course within the last four years. The refresher course is offered on **July 22**.

A Good Death--FREE

Wednesdays, August 5, 12, 19, and 26
5:30 pm ~ 8:00 pm
Location: Dining Room 2

Talking about death is not for everyone. Yet some have longed to have a safe space to explore their feelings on death, even the possibility of a good death. Laurel Yeates, local journalist and end-of-life activist, will facilitate the discussion. Register in the Mastick Office or call 747-7506.

Computer Workshops

Patricia Meier, Instructor, is offering the following workshops, from 6:00 to 8:00 pm in Room C. Topics include: Windows 10, "Apps", Free Security Programs for Devices, Why WiFi, The Cloud, Manage your Email, Skype, and Cutting the Cable Cord. Cost: \$10 per class. Register in advance in the Mastick Office.

Line Dance (Beginning)

June 17-August 26.....6:00 pm to 7:30 pm
Cost: \$3 per person per class
Location: Mastick Social Hall

Pickleball (pick- up games)--FREE

Wednesdays.....5:30 pm to 6:30 pm
Must register by June 10 by calling 747-7506.
Location: Lincoln Park, 1450 High Street

Pole Walking

Wednesday, July 15.....5:30 pm to 8:30 pm
Cost: New students \$28; repeat \$15
Location: Room D
Must register by July 8 by calling 747-7506.

Floral Design for Everyone

Harvest your garden and visit your local market to decorate your home with seasonal blooms and foliage. Learn how to make bouquets for friends and special occasions.

Instructor: Susan Bell,
Professional Florist & Wedding Specialist
Wednesday, June 17-July 1, 6:30 pm~8:00 pm
Cost: \$55*

Class #15120
Wednesdays, July 22-Aug. 5, :30 pm~8:00 pm
Cost: \$55*

Class #15121
*\$40 supply fee due to teacher on first day of class.
Location: Skill Center

FREE—"Travel Your Way!"—FREE

Wednesday, June 17.....6:00 pm to 7:15 pm
Location: Dining Room 2
Susan Driscoll is a seasoned tour manager working in San Francisco. She has traveled the world on her own and has lived in Hawaii and Australia. She will provide insights into traveling on your own and/or with a group; what kind of medium and company would be the best match for you; and how to build groups so that you can go for free. Learn effective travel budgeting.
Must register by June 10 by calling 747-7506.

Virago Theatre Company's TheatreSports

Wednesday, July 8,15, 22, and 29
6:00 pm to 7:30 pm
Cost: \$80 per person
Location: Dining Room 2

Must register by July 1 in the Mastick Office.
Humor doesn't retire! Stretch your creativity by joining this fast-paced, fun, and daring improvisation and theatre games class taught by Alameda's own Virago Theatre Company.

Wednesday Evening Movie Schedule

The *Mastick Wednesday Evening Movie* will begin at 6:00 pm in the Media Room. The June schedule is as follows:

Wednesday, June 17.....Foxcatcher
Wednesday, June 24.....Thunder Birds

Giacomo Puccini: Always Romantic

On **Thursday, June 18**, 1:30 pm – 3:00 pm in Dining Room 2, join John Kendall Bailey, music director, conductor, chorus master, Trinity Lyric Opera, to explore Puccini’s musical works and gain insights into the life and times of this genius of the late Romantic era. The Cal State East Bay Scholar-OLLI program is sponsored by the Mastick Senior Center Advisory Board. **Preregister by calling 747-7506.**

2015 Summer Swimming Schedule

The Emma Hood Swim Center is open for recreational and lap swimming. Senior rates listed below*. Note: Closed on Saturday, July 4.

Emma Hood Swim Center

2256 Alameda Avenue

Adult Lap Swim

June 22 - August 20

\$3 Resident/\$4 Non-Resident per session*

Monday-Thursday.....1:00 pm to 2:00 pm

Saturday.....9:30 am to 10:15 am

Public Swim Hours

\$3 Resident/\$4 Non-Resident per session*

Friday and Sunday.....12:00 Noon to 4:00 pm

Birthday Party Celebration

Join us on **Thursday, June 25**, at 12:30 pm in Dining Room 2 to celebrate June Birthdays. Enjoy cake, music, and good cheer.

Music Appreciation Class

On **Thursday, June 25**, at 1:30 pm in Dining Room 2, William Sturm, Volunteer, will discuss and perform *Romantic from Denmark* from the 19th century Danish composer, Ludvig Schytte. Join us!

Victorian High Tea with the Queen

To complete your Victorian knowledge, learn to prepare Victorian High Tea with Alameda Chef, Jacki Rosen. Then, enjoy the wonderful treats created in class while meeting the Queen! This class is offered on **Saturday, July 11**, from 10:00 am to 1:00 pm. The costs is \$15. Space is limited! Preregister by visiting the Mastick Office.

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

Recreation & Parks Director: Amy Wooldridge
Senior Services 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

- Ron Limoges.....President
- Bill Soares.....Vice President
- Lorraine MeulenersTreasurer
- Rick LuebkeCorresponding Secretary
- Robby Kiley.....Recording Secretary

Directors

Marilyn Appezzato, Ginny Carney, Mary Foss, Nancy Gormley, Earleen Hamlin, Bonnie Leber, Millie Lum, George Tarr, Jim Thomas, 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...

Mastick Senior Center has provided quality programs for over 34 years. Consider supporting Mastick Senior Center by making a donation or remembering us in your will or trust. All donations are gratefully accepted and will be used for Mastick programs or facility maintenance. Contributions can be made payable to the **Mastick Senior Center Advisory Board**.

The MSCAB and staff would like to extend a “special” thank you to the following individuals:

Gloria Brooks, Richard Risner, and Delores Rodriguez

Drawing and Painting Class

Class #15136 (M) or Class #15137 (F)

Join Mi’Chelle Fredrick, Instructor, on **Mondays (beginning June 29)** from 12:30 pm to 3:30 pm or **Fridays (beginning June 26)** from 9:30 am to 12:30 pm in the Skill Center for art instruction (lesson/lecture). Class cost: \$70, plus material fees. **Preregister online at www.arpdeplay.com or in the Mastick Office.**