

Local Happenings

Thursday, June 15

■ 10 a.m. to noon. Dental Consultation, by appointment, with Dr. Alfred Chong. Mastick Senior Center, 1155 Santa Clara Ave. (Reservations: 747-7506)

■ 11 a.m. to noon. Tarot Meditation Group. Free for seniors, pre-registration required, bring a tarot deck, notebook and writing implement. Mastick Senior Center, 1155 Santa Clara Ave. (Reservations: 747-7506)

■ 10 a.m. "Making Sense Out of Uncertainty." Presentation on stress management, by Natalie Gelman, Ph.D. Free for seniors, registration required. Room E, Mastick Senior Center, 1155 Santa Clara Ave. (Info, registration: 747-7506)

■ 1:30 to 3 p.m. "Dogs and Humans." Presentation on history of dog-human relations, with William Garrett, Professor, JFK University. Free for seniors, registration required. Mastick Senior Center, 1155 Santa Clara Ave. (Info, registration: 747-7506)

Friday, June 16

■ 6 to 10 p.m. TILT. Stand-up comedy and storytelling. Admission \$15, includes museum access. Pacific Pinball Museum, 1510 Webster St. (Info: 769-1349)

Saturday, June 17

■ 8:30 to 11:30 a.m. USS Hornet Flashlight Tour. Opportunity to access restricted areas. Cost \$35 general public, \$30 members, reservations required. USS Hornet

Museum, 707 West Hornet Ave. (Info, reservations: 521-8448)

■ 10 a.m. to 4 p.m. "Return of the Terns." Indoor presentation on the least tern, followed by bus rides to nesting sites at Alameda Point. Nesting sites inaccessible by private automobile. Ages 8 and above only, tickets plus registration required for bus ride. Cost \$9 Alameda residents, \$11 non-residents. Meeting point: Crab Cove Visitor Center, 1252 McKay Ave. (Info: 544-3187)

■ 10 a.m. to 6 p.m. Island Jam. Outdoor festival featuring street vendors, food trucks, live entertainment, kids zone and discounts at businesses. All community members welcome. Webster Street Business District. (Info: www.alamedajam.com)

■ 11:30 a.m. "Father's Day Bingo." Special edition of Mastick's weekly bingo, with free bingo pack for all men ages 18 and older. Free to the public, registration required. Room E, Mastick Senior Center, 1155 Santa Clara Ave. (Info, registration: 747-7506)

■ 1 p.m. "Teen Zone: Watch and Play." Free to the public. Stafford Room, Main Branch of the Alameda Free Library, 1550 Oak St. (Info: 747-7713)

■ 2:30 to 4 p.m. East Bay Bariatric Support Group. question-and-answer session for new and prospective members at 2 p.m., general session afterward. All community members welcome. Conference Room C, Alameda Hospital. (Info: 522-3700)

Sunday, June 18

■ June 18, 9:30 to 11 a.m. Father's Day Celebration. Make father's day gifts with nature-found objects, in Create with Nature Zone. Free to the public. Crab Cove Visitor Center, 1252 McKay Ave. (Info: 544-3187)

■ 10 a.m. to 6 p.m. Island Jam. Outdoor festival featuring street vendors, food trucks, live entertainment, kids zone and discounts at businesses. All community members welcome. Webster Street Business District. (Info: www.alamedajam.com)

■ June 18, 5:30 p.m. Andre Thierry and Zydeco Magic. Potluck 5 p.m. Tickets \$15. Eagles Hall, 2305 Alameda Ave. (Info: Dana DeSimone, 415-792-8855)

Monday, June 19

■ 10:30 a.m. "Teddy Bear Picnic." Hosted by the Alameda Free Library. Free to the public. Littlejohn Park, 1401 Pacific Ave. (Info: 747-7713)

■ 6 p.m. Lawyers in the Library. Licensed attorneys will be on hand to provide free legal assistance. Names will be drawn by lottery at 5:45 p.m. West End Library, 788 Santa Clara Ave. (Info: 747-7767)

Tuesday, June 20

■ 1 p.m. "Transportation 101." Presentation on transportation options for seniors. Free for seniors, registration required. Room D, Mastick Senior Center, 1155 Santa Clara Ave. (Info, registration: 747-7506)

■ 1:45 to 3 p.m. Podiatry and Blood Pressure Screening by Dr. Dale Wright. Free for seniors, with appointment. Mastick Senior Center, 1155 Santa Clara Ave. (Info, appointments: 747-7506)

■ 3:30 p.m. Advanced Book Club. Open to kids in grades 5 to 8. Pre-registration required, sign up in person at library. All book club books available for borrowing from library. Felker Room, Main Branch of the Alameda Free Library, 1550 Oak St. (Info: 747-7705)



Courtesy Wikipedia

Mushroom supplements are the subject of a presentation coming up next Thursday, June 22, at Alameda Natural Grocery.

■ 5 to 8 p.m. "Food Science 101." Opportunity to learn about food pairing and making crepes. Free, registration required, all supplies provided. Main Branch of the Alameda Free Library, 1550 Oak St. (Info, registration: 747-7713)

■ 6 p.m. Library Run Club. Recreational three-mile run, all levels welcome. Free, bag check provided, waiver required to run. Starting point: Main Branch of the Alameda Free Library, 1550 Oak St. (Info: 747-7713)

■ 6:30 p.m. Vietnam Veterans of America Chapter No. 400. Monthly Meeting. Alameda Veterans Memorial Building, 2203 Central Ave. (Info: 814-0522)

Wednesday, June 21

■ 10:30 a.m. La Leche League Monthly Discussion: "Baby's Changing Needs." Free to the public. La Leche League of Alameda, 2803 Clay St. (Info: 365-9220)

■ 1 p.m. "Brain Games." Workshop on exercising brain

to prevent memory loss. Free for seniors, registration required. Dining Room 2, Mastick Senior Center, 1155 Santa Clara Ave. (Info, registration: 747-7506)

■ 1:15 p.m. A Cup of Coffee and a Good Book, Presented by Bay Farm Island Library. Open to the public. Islandia Clubhouse, 1138 Island Dr. (Info: 747-7787)

Thursday, June 22

■ 10 to 11:30 a.m. Alzheimer's Caregiver Support Group. For individuals caring for a loved one with Alzheimer's disease or dementia. Mastick Senior Center, 1155 Santa Clara Ave. (Info: 747-7506)

■ 1 to 3 p.m. State Assm. Rob Bonta Office Hours. By appointment only. Second floor, Main Branch of the Alameda Free Library, 1550 Oak St. (Info, appointments: 286-1670)

■ 1:30 p.m. Music Appreciation Class. Discussion and recital of compositions by Anatoly Liadov. June birthday celebration 12:30 p.m. Free for seniors, registration required. Dining Room 2, Mastick Senior Center, 1155 Santa Clara Ave. (Info, registration: 747-7506)

■ 3 to 5 p.m. U.S. Rep. Barbara Lee Satellite Office Hours. No appointments necessary. Room 224, Main Branch of the Alameda Free Library, 1550 Oak St. (Info: 747-7777)

■ June 22, 6 to 8 p.m. Art Gallery Opening Reception. Featuring watercolor art by George David Powell and Beth Bourland. Free to the public, refreshments served. Bette Center Satellite Gallery at Eyewise Optometry, 2651 Blanding Ave. (Info: frankbettecenter.org)

■ 6:30 p.m. "Mushrooms Supplements for Mind, Body and Heart." Presentation by Gina Rivers Contla. Free admission, registration required. Alameda Natural Grocery, 1650 Park St.

(Info, registration: 865-1500)

■ 7 to 9 p.m. Knitting Circle. Beginners welcome. Julie's Coffee and Tea Garden, 1223 Park St. (Info: 747-7767)

Friday, June 23

■ 6 to 8 p.m. Alameda Landing Concert Series: American Rock. Free to the public. Alameda Landing, 2743 Fifth St. (Info: 249-5189)

■ 7 p.m. "History Mystery" After-hours Tour. Opportunity to access restricted areas of the Hornet, learn about reported supernatural events reported during vessel's history. Cost \$35 general public, \$30 members, reservations required. USS Hornet Museum, 707 West Hornet Ave. (Info, reservations: 521-8448)

■ 7 p.m. Summer Movie Series: *Hunt for the Wilderpeople*. Rated PG-13. Free to the public. Stafford Room, Main Branch of the Alameda Free Library, 1550 Oak St. (Info: 747-7713)

■ 8:15 p.m. Movie in the Park: *The Secret Life of Pets*. Rated G. Pre-movie game and kids crafts before movie, at 6:30 p.m. Bring chairs and blankets. Free admission, snacks available for purchase. Alameda Point Multi-Purpose Field, 1101 West Red Line Ave. (Info: 747-7529)

SNEAK PEEK

■ June 24, 9 a.m. to 4 p.m. E-Waste Recycling and Document-Shredding Fundraiser. Drop off e-waste items at church or call for pickup. Cell phones and small ink-jet cartridges recycled for free, charges apply to larger items. First Presbyterian Church of Alameda, 2001 Santa Clara Ave. (Info, pickups: Bruce Johnson, 908-4156)

■ June 24, 10 a.m. to June 25, 10 a.m. Relay for Life. Family-friendly community campout to raise funds for cancer research. Music, entertainment, challenges and activities. Registration required. Encinal High School football field, 210 Central Ave. (Info, registration: relayforlife.org/alamedaca)

■ June 24, 11 a.m. to 5 p.m. "2017 Summer Sailstice." Day of waterfront activities in celebration of Alameda maritime culture. Featuring boat races, public boat rides and demonstrations by Alameda Fire Department and U.S. Coast Guard. Free to the public. Encinal Yacht Club, 1251 Pacific Marina (Info: 522-3272)

■ June 24, 2 p.m. Family Game Day. For children 8 and older, parents must stay with kids. Main Branch of the Alameda Free Library, 1550 Oak St. (Info: 747-7705)

■ June 24, 8 p.m. *Brian Copeland: Not a Genuine Black Man*. Solo play about Copeland's life experiences and subject of housing discrimination in San Leandro. Not recommended for kids 14 and younger. Tickets \$30 advance, \$40 at door. Rhythmix Cultural Works, 2513 Blanding Ave. (Info: Tina Blaine, 865-5060)

■ June 25, 8 to 9:30 a.m. "Yoga by the Bay." Free yoga class. To be held indoors or out, weather-permitting. Crab Cove Visitor Center, 1252 McKay Ave. (Info: 544-3187)

■ June 25, 10 a.m. to noon. "Sunday Stroll." Guided walk along Shore Line Drive to Shoreline Park in Bay Farm Island. Free to the public, dogs welcome. Meeting point: Crab Cove Visitor Center, 1252 McKay Ave. (Info: 544-3187)

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