

## May 2023 ~ Staying Active

### Registering for Programs...

For members with an ActiveNet account and password, simply click on the blue link provided in the class description to register for the desired class(es). If you need assistance with setting up your ActiveNet account or password, please call 510-747-7500.

#### Chair Yoga

**Mondays, May 1 – June 12, 11:00 a.m. – 12:00 p.m., Location: Social Hall**

**Cost: \$54 ~ Class #20204**

This gentle form of yoga is practiced sitting in a chair or standing using the support of a chair. Relax your body and ease stress while building strength and flexibility. **No class on 5/29.** To register, [click here.](#)

#### Line Dancing for Experienced Beginners

**Mondays, May 1 – 22, 12:30 p.m. – 2:00 p.m., Location: Social Hall**

**Cost: \$35 ~ Class #20215**

Designed for beginners and returning beginners who have experience with basic steps and want to continue learning more steps and dances. To register, [click here.](#)

#### Hula 1

**Tuesdays, May 2 - 30, 11:30 a.m. – 12:20 p.m., Location: Room A**

**Cost: \$53 ~ Class #20275**

If you're new to hula or would like to refresh your skills, this class is for you! Hawaiian dance is an excellent exercise for everyone. As you dance, learn about Hawaiian stories, language, and culture. Wear comfortable stretch clothing to allow for ease of movement. Join us for fun and aloha! To register, [click here.](#)

#### Hula 2

**Tuesdays, May 2 - 30, 12:30 p.m. – 1:20 p.m., Location: Room A**

**Cost: \$53 ~ Class #20276**

This class welcomes all who have danced hula previously and are familiar with more of the basic hula steps. Along with the dance, you'll learn stories and a little bit of the Hawaiian language. Participants should wear comfortable stretch clothing to allow for ease of movement. Fun, aloha, exercise, all in one place! To register, [click here.](#)

#### Book Club

**Tuesday, May 2, 12:15 p.m., Location: Zoom**

**FREE**

Join Book Club members and discuss The Reading List by Sara Nisha Adams. Major Pettigrew's Last Stand by Helen Simonson will be reviewed on June 6. To join the discussion, email Ed Kallas, Recreation Supervisor I, at [ekallas@alamedaca.gov](mailto:ekallas@alamedaca.gov). Mastick has a limited supply of each book available for lending. If interested, call 510-747-7500.

### **Zumba Gold - Toning**

**Tuesdays, May 2 - 30, 2:00 p.m. – 2:55 p.m., Location: Social Hall**

**Cost: \$43 ~ Class #19519**

This class combines Zumba Gold with Zumba Toning. It incorporates lightweight resistance training into the cardio program focusing on building muscle strength, tone, and endurance. To register, [click here.](#)

### **Fitness with Kendra**

**Tuesdays, May 2 - 30, 5:00 p.m. 6:00 p.m., Location: Social Hall**

**Cost: \$46 ~ Class #21610**

Full body workout that includes stretching, low impact cardio, strength and balance training with light weights, and floor/mat core work. All moves can be modified for all fitness levels, are completed at your own pace, and are set to fun music. Mats and weights are provided. To register, [click here.](#)

### **Pilates (In-Person & via Zoom)**

**Wednesdays, May 3 – June 14, 9:00 a.m. – 10:00 a.m., Location: Room A**

**Cost: \$56 ~ Class #20205**

Pilates is designed to develop muscular strength and tone core area. Controlled breathing and proper body alignment are key to achieving core and muscle balance. The session is varied to cover all core areas, legs, glutes, and arms and includes standing, sitting, and lying down positions. Prepare for class by having a yoga-type mat, comfortable clothing, a water bottle, and, dumbbells (not required). To register, [click here.](#)

### **Line Dancing for Absolute Beginners**

**Wednesdays, May 3 - 31, 9:30 a.m. – 10:30 a.m., Location: Social Hall**

**Cost: \$43 ~ Class #19432**

For those who are brand new to line dancing. You will learn basic steps, sequencing, and terminology for your foot movements and step-by-step instruction for each dance. Invigorate your body and mind with music. To register, [click here.](#)

### **Strength Training and Cardio**

**Wednesdays, May 3 – June 14, 10:30 a.m. – 11:30 a.m., Location: Room A**

**Cost: \$56 ~ Class #20206**

Move to the music and gain the benefits of resistance training designed to develop bone density, muscle mass, and endurance. Class is easily modified for all fitness levels. To register, [click here.](#)

### **Line Dancing for Improvers**

**Wednesdays, May 3 - 31, 11:00 a.m. – 12:30 p.m., Location: Social Hall**

**Cost: \$43 ~ Class #19436**

Designed for experienced beginners plus those who have been line dancing for some time and have mastered the basic steps and movements. More complex steps will be added. To register, [click here.](#)

### Ballroom Dance

**Wednesdays, May 3 – June 7, 1:00 p.m. - 2:00 p.m., Location: Room A**

**Cost: \$33 ~ Class #20876**

Dance of the Month: Night Club. You will learn the basic steps as well as proper posture and hold. After 4 lessons you will be able to dance around the room using 5 or 6 steps. To register, [click here.](#)

### Movie Matinee

**Wednesday, May 3, 12:30 p.m. – 2:30 p.m., Location: Dining Room 2**

**FREE**



Join other Mastick Members on the 1st and 3rd Wednesday of each month to watch a variety of movies that include current blockbusters as well as the classics. Space is limited.

### **3 —Lion (2016)**

**BIOGRAPHY/DRAMA starring Dev Patel, Nicole Kidman and Rooney Mara 1h 58m (PG-13)**

A five-year old boy is adopted by an Australian couple after getting lost hundreds of kilometers from home. 25 years later, he sets out to find his lost family.

### **17 —Murder Mystery 2 (2023)**

**MYSTERY/ADVENTURE/COMEDY starring Jennifer Aniston and Adam Sandler 1h 30m (PG-13)**

Full-time detectives Nick and Audrey are struggling to get their private eye agency off the ground. They find themselves at the center of international abduction when their friend Maharaja, is kidnapped at his own lavish wedding.

### Fitness with Kendra

**Thursdays, May 4 - 25, 11:45 a.m. - 12:45 p.m., Location: Social Hall**

**Cost: \$39 ~ Class #20271**

Full body workout that includes stretching, low impact cardio, strength and balance training with light weights, and floor/mat core work. All moves can be modified for all fitness levels, are completed at your own pace, and are set to fun music. Mats and weights are provided. To register, [click here.](#)

### Zumba Gold

**Thursdays, May 4 - 25, 2:00 p.m. – 2:55 p.m., Location: Social Hall**

**Cost: \$43 ~ Class #20274**

Zumba Gold is a modified Zumba dance class for active older adults that recreates the original moves you love at a lower intensity. The formula is 70% Latin music and 30% of anything else. A typical class will feature merengue, salsa, cha-cha, reggaeton, bachata, samba, soca, hip-hop, belly dance, and bhangra. This dance-based class will get you moving and having fun. No dance experience, exercise equipment, or running is required. To register, [click here.](#)

### Intermediate German Reading and Conversation via Zoom

**Fridays, May 5 - August 25, 10:00 a.m. - 12:00 p.m., Location: Via Zoom**

**FREE ~ Class #21237**

The class structure is hour number one is German intermediate reading and the second hour is intermediate conversation. To register please email [ekallas@alamedaca.gov](mailto:ekallas@alamedaca.gov) or call **510-747-7511** to register and receive the Zoom connect link.

### **Mastick Movie Club**

**Friday, May 5, 10:00 a.m. – 12:00 p.m., Location: Zoom**

**FREE**

Join Movie Club members for a discussion of Alfred Hitchcock's film "Notorious" from 1946 which stars Cary Grant and Ingrid Bergman. "Notorious" is on Prime & Tubi free with subscription and others for a small fee. To join the discussion, email Ed Kallas, Recreation Supervisor I, at [ekallas@alamedaca.gov](mailto:ekallas@alamedaca.gov)

### **Strength Training and Cardio**

**Fridays, May 5 – June 16, 10:45 a.m. – 11:45 a.m., Location: Room A**

**Cost: \$56 ~ Class #20207**

Move to the music and gain the benefits of resistance training designed to develop bone density, muscle mass, and endurance. Class is easily modified for all fitness levels. To register, [click here](#).

### **Free Preventative Benefits: What Medicare Covers in Full**

**Tuesday, May 9, 10:00 a.m. - 11:00 a.m., Location: Room D**

**FREE ~ Class #20272**

Join a HICAP Representative for a brief overview of the Medicare program. Benefits covered in full under Medicare Part B. Difference between free preventative benefits from diagnostic care (not covered in full). Eligibility for low-income assistance programs. Review ways to report Medicare fraud and abuse. To register, [click here](#).

### **Transportation 101 – Ask the Expert**

**Tuesday, May 9, 1:00 p.m. – 3:00 p.m., Location: Room D**

**FREE ~ Class #19504**

Join Katherine "Kat" Kaldis, Paratransit Coordinator, to learn about the various transportation options (East Bay Paratransit, AC Transit Clipper card, FREE AC Transit Bus Pass, the AIM Program, and MORE!) available to Alameda residents. After, a transportation specialist from the City will join us to talk about the transportation plans for Alameda. Bring your questions! To register, call 510-747-7500 or [click here](#).

### **How Do We Tell Mom and Dad? What Do We Tell the Kids?**

**Thursday, May 11, 1:30 p.m. 2:30 p.m., Location: Room D**

**FREE ~ Class #20312**

Parents - what do you want your children to know about your decisions to downsize? How do you discuss who gets what treasures? Do they know your medical wishes? Do they know your wishes for how you wish to die and be remembered?

Children - What do you want your parent to know about your worries? How do you make sure they are safe? Do you know if their papers are in order? Do you know what they want if they get sick? How do you ask what they want to do with their house full of stuff?

Join Tina Cole Kreitz to discuss these important matters. Please consider making a \$5 donation to Mastick in class. To register, [click here](#).

**Tai Chi: Moving for Better Balance**

**Tuesday, May 15 – June 7, 11:45 a.m. – 12:45 p.m., Location: Room A**

**Cost: \$67 ~ Class #22567**

Ideal for mobile older adults who wish to reduce their fall-risk by improving their balance, strength, mobility and confidence in performing everyday activities. The eight-form routine is inspired by the fundamental principles of traditional Tai Chi, which involves weight-shifting, body alignment, and coordinated movements performed in a slow, continuous, circular and flowing manner. According to the CDC, Tai Ji for Better Balance curriculum has been proven to reduce falls by 58%. To register, [click here.](#)

**Hop on the Bus with Us!**

**Tuesday, May 16, 1:00 p.m. – 3:00 p.m., Location: Game Room**

**FREE ~ Class #20413**

Interested in improving your transit skills or gaining more experience using AC Transit? If so, join us! We'll review trip planning before we hop on an AC Transit bus to explore Alameda. Space is limited. For more information, contact Kat Kaldis, Transportation Coordinator, at [kkaldis@alamedaca.gov](mailto:kkaldis@alamedaca.gov) or call 510-747-7513. To register, [click here.](#)

**BaM (Balance and Mobility)**

**Tuesdays, May 16 – July 11, 12:15 p.m. – 1:05 p.m., Location: Social Hall**

**Cost: \$66 ~ Class #21409**

Improve balance, stability, mobility, and posture through core strengthening. Increase whole body strength to improve coordination (neuromuscular facilitation) and to assist in fall and injury prevention and recovery. To register, [click here.](#)

**Intermediate Pickleball: Learn via Game Play Analysis**

**Wednesdays, May 17 – June 7, 11:30 p.m. – 1:00 p.m.**

**Location: Alameda Point Gym Courts 1 and 2**

**Cost: \$113 ~ Class #21763**

**This class is designed for Intermediate players!** Develop your game by playing with others who have similar skill-sets as yours and receive feedback/coaching/analysis about your game from the instructor. Taught by Marcia Neishi who is both a skilled tournament player as well as a certified instructor through the International Pickleball Teaching Professional Association. To register, [click here.](#)

**Advanced Pickleball: Learn via Game Play Analysis**

**Wednesdays, May 17 – June 7, 1:00 p.m. – 2:30 p.m.**

**Location: Alameda Point Gym Court 1**

**Cost: \$113 ~ Class #21764**

**This class is designed for advanced players!** Develop your game by playing with others who have similar skill-sets as yours and receive feedback/coaching/analysis about your game from the instructor. Taught by Marcia Neishi who is both a skilled tournament player as well as a certified instructor through the International Pickleball Teaching Professional Association. To register, [click here.](#)

### **Teens Teaching Technology**

**Thursday, May 18, 4:00 p.m. – 5:00 p.m., Location: Room C**

**FREE~ Class #20261**

This program is a collaboration between the Mastick Senior Center and the ARPD Teen Programs. Teens will meet at the Mastick Senior Center computer lab (1155 Santa Clara Ave, Alameda, Room C) and assist Mastick members with their electronic devices. Devices can include, but are not limited to, iPhones, Android smartphones, assorted cell phones, tablets (iPads & Android), and laptops To register, [click here.](#)

### **A Taste of Salsa**

**Thursdays, May 18 – June 29, 12:15 p.m. – 1:00 p.m., Location: Room A**

**FREE ~ Class #21723**

Join Joy who has been dancing since 1999 to learn the basics of Salsa dancing including footwork, left turn, right turn, and the cross-body lead. Taught on 1. Fun and 45 minutes of mild aerobic exercise is on the menu! No partner is required to participate as this is a footwork class. To register, [click here.](#)

### **Pickleball Beyond the Basics**

**Thursdays, May 18 – June 8, 11:00 p.m. – 12:30 p.m.**

**Location: Lincoln Park Pickleball Courts**

**Cost: \$113 ~ Class #21765**

Improve your game and sharpen your skills! Enjoy drills designed to benefit the advanced beginner/intermediate player. Learn more effective dinking, volleying and 'the 3rd shot'. Designed and run by Marcia Neishi, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association. To register, [click here.](#)

### **Pickleball Intermediate Drills**

**Thursdays, May 18 – June 8, 1:00 p.m. – 2:00 p.m.**

**Location: Lincoln Park Pickleball Courts**

**Cost: \$85 ~ Class #21766**

Improve your game and sharpen your skills! Enjoy drills designed to benefit the advanced level player. Designed and run by Marcia Neishi, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association. To register, [click here.](#)

### **Pickleball Advanced Drills**

**Thursdays, May 18 – June 8, 2:00 p.m. – 3:00 p.m.**

**Location: Lincoln Park Pickleball Courts**

**Cost: \$85 ~ Class #21767**

Improve your game and sharpen your skills! Enjoy drills designed to benefit the advanced level player. Designed and run by Marcia Neishi, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association. To register, [click here.](#)

### Qigong

**Tuesday, May 23 – June 27, 10:00 a.m. – 11:00 a.m., Location: Room A**

**Cost: \$50 ~ Class #21231**

Qigong is an ancient discipline that includes visualization, mindfulness, and focused breathing. It is practiced to balance emotions, improve health, and enhance the mind, body, and spirit. Class easily modified for all fitness levels. **No class on 6/13.** To register, [click here.](#)

### Qigong

**Thursdays, May 25 – June 29, 10:00 a.m. – 11:00 a.m., Location: Room A**

**Cost: \$50 ~ Class #21233**

Designed for more seasoned Qigong students or those who have taken Qigong at Mastick or somewhere else, previously. We will review and practice everything learned in Robert's Tuesday - class, refine those exercises and add more as time permits. Students may join at any time. **No class on 6/15.** To register, [click here.](#)



### Birthday Celebration Join Us!

**Thursday, May 25, 12:30 p.m. – 1:00 p.m., Location: Courtyard**

**FREE**

Join us and celebrate your special day! Enjoy sweet treats, games, and happy birthday wishes! No registration is required.

### Zumba Gold

**Thursdays, June 1 - 29, 2:00 p.m. – 2:55 p.m., Location: Social Hall**

**Cost: \$43 ~ Class #21219**

Zumba Gold is a modified Zumba dance class for active older adults that recreates the original moves you love at a lower intensity. The formula is 70% Latin music and 30% of anything else. A typical class will feature merengue, salsa, cha-cha, reggaeton, bachata, samba, soca, hip-hop, belly dance, and bhangra. This dance-based class will get you moving and having fun. No dance experience, exercise equipment, or running is required. To register, [click here.](#)

### Fitness with Kendra

**Thursdays, June 1 - 29, 11:45 a.m. - 12:45 p.m., Location: Social Hall**

**Cost: \$46 ~ Class #21207**

Full body workout that includes stretching, low impact cardio, strength and balance training with light weights, and floor/mat core work. All moves can be modified for all fitness levels, are completed at your own pace, and are set to fun music. Chairs and weights are provided. To register, [click here.](#)

### June Walking Club at Water Edge Lodge

**Thursdays, June 1 - 29, 9:30 a.m. – 10:30 a.m., Location: Water's Edge Lodge 801 Island Drive**

**Cost: \$5 ~ Class #21189**

Go for a walking excursion around the lagoon with a personal trainer and take in the beautiful sights. \$5 for entire class run. To register, [click here.](#)

**Indoor Drop In Pickleball**

**Fridays, June 2 - 23, 9:30 a.m. – 12:30 p.m.  
Location: Alameda Point Gym Court 1 and 2  
Cost: \$21 ~ Class #21449**

Enjoy indoor Pickleball during the wet and cold months at the Alameda Point Gym which features a newly renovated floor. Portable nets and balls provided. No refunds for missed dates. Contact Ed Kallas at [ekallas@alamedaca.gov](mailto:ekallas@alamedaca.gov) for Information. To register, [click here.](#)

**French Translation: Intermediate**

**Fridays, June 2 – August 25, 10:00 a.m. – 11:00 a.m., Location: Room E  
FREE ~ Class #21236**

French to English translation. Text used in class: "Mort Sur Le Nil" by Agatha Christie. *Edition:* "Le Livre de Poche" Jeunesse Traduit de L'anglais par Louis Postif. To register, [click here.](#)

**Italian Conversation via Zoom**

**Fridays, June 2 – August 25, 10:00 a.m. – 12:00 p.m., Location: Via Zoom  
FREE ~ Class #21238**

Enjoy an opportunity to practice reading and speaking Italian. Rudimentary knowledge of Italian required. Email Ed Kallas at [ekallas@alamedaca.gov](mailto:ekallas@alamedaca.gov) for Zoom connect information. To register, [click here.](#)

**Seniors Sea Plane Lagoon Kayak Tour**

**Fridays, June 2, 10:00 a.m. – 12:30 p.m., Location: Encinal Boat Ramp 190 Central Ave.  
Cost: \$65 ~ Class #21185**

Join us for our most popular kayak tour. Paddle inside the Sea Plane Lagoon and learn about local marine life, upcoming Alameda Point development projects, the USS Hornet and US Navy's MARAD fleet. Enjoy scenic views of SF and more! All abilities welcome. To register, [click here.](#)

**Shakespeare Discussion Group**

**Fridays, June 2 – August 25, 12:00 p.m. – 2:30 p.m., Location: Via Zoom  
FREE ~ Class #21245**

Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins. To register, [click here.](#)

**Spanish –Beginning**

**Monday, June 5 – July 24, 9:00 a.m. – 10:00 a.m., Location: Dinning Room 2  
Cost: \$40 ~ Class #21204**

A second language is always an asset and Spanish is one of the best. Learn reading, writing, vocabulary and listening with the instructor's guidance. To register, [click here.](#)

**Spanish –Conversation**

**Monday, June 5 – July 24, 10:30 a.m. – 11:45 a.m., Location: Dinning Room 2  
Cost: \$50 ~ Class #21205**

Reinforce Spanish language skills via full class participation, reading, writing, listening, grammar and listening. To register, [click here.](#)



### **Mastick Volunteer Walking Group**

**Monday, June 5 – August 28, 9:30 a.m. – 12:30 p.m., Location: Fruitvale BART Station  
FREE ~ Class #21184**

Meet friends at the Fruitvale BART Station (unless otherwise noted) to explore the greater Bay Area on public transit. Wear walking shoes, dress in layers, bring water and lunch (purchasing lunch optional, depending on destination). Fun and exercise guaranteed! Schedule provided upon registration. To register, [click here](#).

### **Square Dance**

**Mondays, June 5 – 26, 1:00 p.m. – 3:00 p.m., Location: Room A  
Cost: \$2 at the door ~ Class #21720**

Looking for an activity that offers great music, low-impact exercise, and the opportunity to meet new friends? Try Square dancing! Lessons are easy and fun while learning a variety of new dance moves. All levels welcome! For more information, [click here](#).

### **Yoga with Dina**

**Tuesdays, June 6 – July 18, 9:00 a.m. – 10:15 a.m., Location: Social Hall  
Cost: \$51 ~ Class #21314**

Alignment-based yoga targets modified poses focusing on strength, flexibility, and balance. Synchronize your mind and body while having fun. Dress in layers, and bring a yoga mat, strap, and blanket for relaxation/warmth. **No class on 7/4**. To register, [click here](#).

### **Hula 1**

**Tuesdays, June 6 - 27, 11:30 a.m. – 12:20 p.m., Location: Room A  
Cost: \$43 ~ Class #21222**

If you're new to hula or would like to refresh your skills, this class is for you! Hawaiian dance is an excellent exercise for everyone. As you dance, learn about Hawaiian stories, language, and culture. Wear comfortable stretch clothing to allow for ease of movement. Join us for fun and aloha! To register, [click here](#).

### **Hula 2**

**Tuesdays, June 6 - 27, 12:30 p.m. – 1:20 p.m., Location: Room A  
Cost: \$43 ~ Class #21225**

This class welcomes all who have danced hula previously and are familiar with more of the basic hula steps. Along with the dance, you'll learn stories and a little bit of the Hawaiian language. Participants should wear comfortable stretch clothing to allow for ease of movement. Fun, aloha, exercise, all in one place! To register, [click here](#).

### **Book Club**

**Tuesday, June 6, 12:15 p.m., Location: Zoom  
FREE**

Join Book Club members and discuss The Yellow House by Sarah M. Broom. Major Pettigrew's Last Stand by Helen Simonson will be reviewed on May 2. To join the discussion, email Ed Kallas, Recreation Supervisor I, at [ekallas@alamedaca.gov](mailto:ekallas@alamedaca.gov). Mastick has a limited supply of each book available for lending. If interested, call 510-747-7500.

### **Zumba Gold Toning**

**Tuesdays, June 6 - 27, 2:00 p.m. – 2:55 p.m., Location: Social Hall**

**Cost: \$43 ~ Class #21217**

This class combines Zumba Gold with Zumba Toning. It incorporates lightweight resistance training into the cardio program focusing on building muscle strength, tone and endurance. To register, [click here.](#)

### **Fitness with Kendra**

**Tuesdays, June 6 - 27, 5:00 p.m. – 6:00 p.m., Location: Room A**

**Cost: \$39 ~ Class #21206**

Full body workout that includes stretching, low impact cardio, strength and balance training with light weights, and floor/mat core work. All moves can be modified for all fitness levels, are completed at your own pace, and are set to fun music. Chairs and weights are provided. To register, [click here.](#)

### **Yoga, Chanting and Meditation with Dina**

**Thursdays, June 8 – July 20, 10:00 a.m. – 11:15 a.m., Location: Social Hall**

**Cost: \$63 ~ Class #22566**

Yoga stretches the body. Chanting vibrates the body, shutting out distractions so one can focus the mind making meditation easier. All three practices help a person attain inner peace and calm. The health benefits are many, better lung capacity, reduced blood pressure, slower breathing rate, improved memory and sleep. Class timing varies - Yoga 40 minutes, chanting 10 minutes, meditation 10 minutes, and relaxation 10 minutes. Beginners encouraged. Bring a sticky mat, strap and blanket or shawl. Dress in comfortable layers. **No class on 7/6.** To register, [click here.](#)

### **Yoga with Dina**

**Thursdays, June 8 – July 20, 10:00 a.m. – 11:15 a.m., Location: Social Hall**

**Cost: \$51 ~ Class #21316**

Alignment-based yoga targets modified poses focusing on strength, flexibility, and balance. Synchronize your mind and body while having fun. Dress in layers, and bring a yoga mat, strap, and blanket for relaxation/warmth. **No class on 7/6.** To register, [click here.](#)

### **Transportation 101 – Transit App Training**

**Tuesday, June 13, 1:00 p.m. – 3:00 p.m., Location: Room D**

**FREE ~ Class #20428**

Join Katherine "Kat" Kaldis, Paratransit Coordinator, to learn about the various transportation options (East Bay Paratransit, AC Transit Clipper card, Free AC Transit Bus Passes, the AIM Program, and MORE!) available to Alameda residents. Bring your questions! Join us at **1:00 p.m. in Room D** to register, click on the link or call (510) 747-7500.

Please register for this class. It will be cancelled 24 hours prior to the workshop if there are not 5 confirmed attendees.

To register, [click here.](#)

**Mastick Trip: Filoli Gardens**

**Wednesday, June 7, 8:30 a.m. – 4:00 p.m., Location: Filoli Gardens**

**Cost: \$85 ~ Class #21693**

Filoli Gardens is recognized as one of the finest remaining country estates of the early 20th century, it is a remarkable 654-acre property, including 36,000 square-foot Georgian country house and a spectacular 16-acre English Renaissance garden. Filoli is a historic site of the National Trust for Historic Preservation and is dedicated to the preservation, interpretation, and stewardship of the cultural traditions and natural history of this country estate for public education and enjoyment. Enjoy a brief talk with a docent then walk the home and gardens at your own pace. Transportation and lunch are included. To register, [click here.](#)

**New Trip!!**

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**Mastick Trip: Alameda County Fair**

**Friday, June 30, 11:30 a.m. – 5:00 p.m., Location: Alameda County Fair**

**Cost: \$5 ~ Class #21741**

Thanks to a grant provided by the Alameda County Fair, Mastick Members age 62 and older may attend the fair at a reduced rate. Registration includes transportation on a climate controlled bus and admission to the fair. Members will be "on their own" at the fair and must return to the bus at the appointed time in order to receive a ride back to Mastick. Horse racing at 1:45 p.m. Registration begins on Friday, March 31 at 9:00 a.m. To register, [click here.](#)