

May 2024 ~ 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.

Diabetes Support Group

Fourth Wednesday of each month, May 22, 10:00 a.m. – 12:00 p.m.

Location: Room D

FREE

If you or someone you love has diabetes, consider joining the Diabetes Support Group, provided by the Alameda County Public Health Department Diabetes Program. For more information, call 510-383-5185. To join this group, call 510-747-7500.

Sewing Workshop

Wednesdays, ongoing, 9:00 a.m. – 1:00 p.m., Location: Room B

FREE

Share projects, conversation, and fun! No instruction, however, everyone is welcome and will be supported. No registration required.

Knitting Circle

Wednesdays, ongoing, 1:00 p.m. – 3:00 p.m., Location: Room B

FREE

Share projects, conversation, and fun! No instruction, however, beginners are welcome and will be supported. No registration required.

French Translation - Intermediate

Fridays, ongoing, 10:00 a.m. – 11:00 a.m., Location: Room E

FREE ~ Class #24336

Ongoing French conversation group. Basic knowledge of the French language is required. To register, [click here](#).

French Conversation - Intermediate

Fridays, ongoing, 11:10 a.m. – 12:00 p.m., Location: Room E

FREE ~ Class #24335

Ongoing French conversation group. Basic knowledge of the French language is required. To register, [click here](#).

German Reading and Conversation – Intermediate

Fridays, ongoing, 10:00 a.m. - 12:00 p.m., Location: Zoom

FREE

This group focuses on practicing intermediate German reading and conversation. To register, contact Daria Nyberg at dnyberg@alamedaca.gov

German Conversation Club

Mondays, ongoing, 1:00 p.m. – 3:00 p.m., Location: Media Room

FREE

Share knowledge, conversation, and fun! No formal instruction. Advanced and intermediate speakers are welcome. No registration required.

Italian Conversation

Fridays, ongoing, 10:00 a.m. – 12:30 p.m., Location: Room D

FREE ~ Class #24337

Ongoing Italian conversation group meets to practice language skills. Participants should have a basic understanding of Italian. The group generally reads beginner and advanced beginner books. There is little to no formal instruction. To register, [click here](#).

Alexander Technique: The Art of Walking Well

Tue/Wed/Thurs, April 30 – May 2, 10:00 a.m. - 11:30 a.m., Location: Dining Room 2

Cost: \$48 ~ Class #24000

Walking is one of the best and least expensive ways to keep your body and mind healthy. Join Lenka Fejt, Alexander Technique Teacher, B.S. in Kinesiology, and learn to walk with less tension and more enjoyment. To register, [click here](#).

Movie Matinee

May 1, 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.

1 — DARK WATERS (2019)

BIOGRAPHY/DRAMA/HISTORY

Starring Mark Ruffalo and Ann Hathaway 2h 6m (PG-13)

A corporate defense attorney takes on an environmental lawsuit against a chemical company that exposes a lengthy history of pollution.

ACI Workshop: Compost, Recycle and Landfill

Thursday, May 2, 10:00 a.m. – 11:00 a.m., Location: Room D

FREE ~ Class #26742

Join Alameda County Industries' representative for an overview of the Compost, Recycle and Landfill programs. The interactive workshop will help you learn how to separate garbage. You will learn what the city offers under the Garbage collection program, different ways to recycle and landfill products, ways to get free compost for your garden, and much more! To register, [click here](#)

May Walking Club @ Waters Edge Lodge

Tuesdays & Thursdays, May 2 – May 30, 9:30 a.m. – 10:30 a.m.,

Location: 801 Island Drive

Cost: \$5 ~ Class #24021

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

Fitness with Kendra

Thursdays, May 2 – May 30, 11:45 a.m. - 12:45 p.m., Location: Social Hall

Cost: \$48 ~ Class #24216

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.](#)

Zumba Gold

Thursdays, May 2 – May 30, 2:00 p.m. – 3:00 p.m., Location: Social Hall

Cost: \$53 ~ Class #24092

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

Pickleball Learn to Play

Thursdays, May 2 – May 23, 11:00 a.m. – 12:30 p.m.

Location: Leydecker Park Pickleball Courts

Cost: \$113 ~ Class #24787

This class is designed for beginners and for first time players! You will learn basic shots like the dink, volley, serve and return of serve. Court positioning and basic strategy will be discussed. Start your lifelong enjoyment of this fastest growing sport! 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.](#)

Pickleball Intermediate Drills

Thursdays, May 2 – May 23, 1:00 p.m. – 2:00 p.m.

Location: Lincoln Park Pickleball Courts

Cost: \$85 ~ Class #24788

Improve your game and sharpen your skills! Enjoy drills designed to benefit the intermediate 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 2 – May 23, 2:00 p.m. – 3:00 p.m.

Location: Lincoln Park Pickleball Courts

Cost: \$85 ~ Class #24789

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.](#)

Retro Dance Fitness with Mel

Fridays, May 3 -- May 31, 10:30 a.m. – 11:30 a.m., Location: Social Hall

Cost: \$43 ~ Class #26765

Have fun and move your body in this low impact dance class designed for seniors! The hour flies by as we experience the joy of dancing to our favorite songs from the decades. Curated playlists include Latin rhythms, disco, swing, belly dance, Bollywood, K-pop, and more! No dance experience needed. Class easily modified for all fitness levels. Come try it, you'll be hooked! To register, [click here.](#)

Chair Yoga

Mondays, May 6 - Jun 17, 11:00 a.m. – 12:00 p.m., Location: Social Hall

Cost: \$63 ~ Class #26640

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 5/27 To register, [click here](#).

Fitness for Seniors! Balance, Mobility & Stability

Mondays, May 6 – Jun 17, 12:15 p.m. – 1:05 p.m., Location: Room A

Cost: \$63 ~ Class #26641

Join fellow seniors in a welcoming environment to feel safe when moving from place to place. Practice gentle movements to help improve your balance, mobility, and stability. Participation in this class will aid in the ability to sit and stand more easily, as well as decrease your probability of falling and prevent injury. To register, [click here](#).

Line Dancing for Returning Beginners

Mondays, May 6 - May 20, 12:30 p.m. – 2:00 p.m., Location: Social Hall

Cost: \$27 ~ Class #23886

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](#).

Digital Photo Management

Tuesdays & Thursdays, May 7 – May 14, 10:30 a.m. – 12:00 p.m., Location: Room C

FREE ~ Class #24297

Digital Photography, especially picture management, is one of the most ignored and difficult to master topics. Mobile devices have excellent cameras that allow us to take thousands of pictures, yet many of us spend very little time editing, managing and safely storing them so that they can be easily retrieved or shared. This class will cover these time-consuming and challenging tasks. To register, [click here](#)

Tai Chi Dance Fitness with Mel

Tuesdays, May 7 – May 28, 10:45 a.m. – 11:45 a.m., Location: Social Hall

Cost: \$43 ~ Class #25231

Embark on a rejuvenating journey...Immerse yourself in gentle yet invigorating movements, seamlessly blending the ancient mind-body practice of Tai Chi with the joy of dance, informed by infectious music of various styles. Experience improved balance, flexibility, mobility, strength, cardiovascular health, and overall physical and mental well-being. Tai Chi is especially beneficial for easing pain and stiffness of arthritis. The class is low impact and can be done standing or sitting in a chair. No experience or equipment needed. Our supportive community welcomes you to make Tai Chi Dance part of your vibrant journey to wellness! To register, [click here](#).

Zumba Gold Toning

Tuesdays, May 7 - May 28, 2:00 p.m. – 2:55 p.m., Location: Social Hall

Cost: \$43 ~ Class #24087

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](#).

Pilates (In-Person & via Zoom)

Wednesdays, May 8 – Jun 12, 9:00 a.m. – 10:00 a.m., Location: Room A

Cost: \$63 ~ Class #26642

Pilates is designed to develop muscle strength, balance, and tone. Controlled breathing and proper body alignment are key. Session includes standing, sitting, and lying down positions, and covers all core areas, legs, glutes, and arms. Yoga-type mat, comfortable clothing, water bottle, dumbbells suggested. To register, [click here](#).

Line Dancing for Absolute Beginners

Wednesdays, May 8 – March 29, 9:30 a.m. – 10:30 a.m., Location: Social Hall

Cost: \$35 ~ Class #23887

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 8 – Jun 12, 10:30 a.m. – 11:30 a.m., Location: Room A

Cost: \$63 ~ Class #26643

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](#).

Charity Fraud Scams

Wednesday, May 8, 11:00 a.m. – 12:30 p.m., Location: Room D

FREE ~ Class #24010

Join William Smith, retired FBI Agent, to learn the scope of the problem, types of charity scams, how scams work, warning signs, ways to determine if legitimate charitable organization and what to do if you become a victim of charity fraud. To register, [click here](#).

Line Dancing for High Beginners

Wednesdays, May 8 – May 29, 11:00 a.m. – 12:30 p.m., Location: Social Hall

Cost: \$35 ~ Class #23888

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](#).

The Great American Song Book

Second Wednesday of each month, May 8, 1:00 p.m. – 3:00 p.m.

Location: Dining Room 2

FREE

Join pianist Glenn Fong for a musical journey! No registration required. Drop in and enjoy!

Alameda Stamp Club

Second Thursday of each month, May 9, 1:00 p.m. – 3:00 p.m., Location: Room D

FREE ~ Class #24481

Join the Alameda Stamp Club, a group of stamps or philatelic collectors, established in 1947. Members will help you get started collecting or refresh your collection. If you have an inherited collection, the club will help you manage it. The club is experienced at answering related questions and directing you to the correct resources. Stamp collecting is the hobby of kings, join in or drop by to experience it for yourself. To register, [click here](#).

Strength Training and Cardio

Fridays, May 10 – Jun 14, 10:45 a.m. – 11:45 a.m., Location: Room A

Cost: \$63 ~ Class #26644

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](#).

Financial Assistance: How to Get Help with Health Care Costs

Tuesday, May 14, 10:00 a.m. – 11:00 a.m., Location: Room D

FREE ~ Class #24326

Review the Medicare program and its costs. Overview of Medi-Cal and the Medicare Savings Programs. The Low-Income Subsidy (Extra Help) for prescription drugs. Eligibility, the application processes, and benefits. To register, [click here](#).

Mastick Speaker Series

Wednesday, May 15, 1:00 p.m. – 3:00 p.m., Location: Media Room

FREE ~ Class #26776

- **May Speaker:**

Nishant Joshi, Alameda Chief of Police

Mastick hosts a series of presentations on a wide range of topics designed to benefit senior citizens. Speakers will bring a compassionate look at creating generational wealth, health, and home care options, downsizing if needed, community information and questions and answers on many points of interest. To register, [click here](#).

Movie Matinee

Wednesday, May 15, 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.

15 — SHIRLEY (2024)

DRAMA/BIOGRAPHY

Starring Regina King and Lance Reddick 1h 57m (PG-13)

Shirley Chisholm makes a trailblazing run for the 1972 Democratic presidential election after becoming the first Black woman elected to Congress.

Senior Connections

Wednesday, May 15, 1:00 p.m. – 2:00 p.m., Location: Room D

FREE

The Senior Connections Program is inspired to make a difference in the everyday lives of seniors, providing information, resources, and case management services to seniors 50 and over. This program is made possible by Alameda Family Services and funded in part by the Mastick Senior Center Advisory Board. No registration required. If you have questions, please call 510-747-7505.

**Music from the 40's, 50's, 60's, 70's -
including Broadway, Movies, Classic & Country**
Thursday, May 16, 1:00 p.m. Location: Dining Room 2
FREE

Join us for a lovely piano performance by Susan Shauf. No registration required. Stop by and enjoy!

Teens Teaching Technology
Thursday, May 16, 4:00 p.m. – 5:00 p.m., Location: Room C
FREE~ Class #24521

This program is a collaboration between the Mastick Senior Center and the ARPD Teen Programs. Teens will 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.](#)

May Birthday Celebration Join Us!
Thursday, May 23, 12:30 p.m. – 1:00 p.m.
Location: Courtyard/Dining Room 2
FREE

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



Music Appreciation
Listening For The Silence"
Thursday, May 23, 1:30 p.m., Location: Dining Room 2
FREE"

Join Bill Sturm, Volunteer, discussion, and piano performance about the uses of silence in music.

Spanish Beginning
Mondays, June 3 – July 22, 9:00 a.m. – 10:00 a.m., Location: Room D
Cost: \$50 ~ Class #24576

Learn Spanish language skills by practicing vocabulary, writing, reading, listening, and grammar. To register, [click here.](#)

Spanish Conversation
Mondays, June 3 – July 22, 10:30 a.m. – 11:45 a.m., Location: Room D
Cost: \$50 ~ Class #24577

Reinforce Spanish language skills by reading, writing, listening, and engaging in active conversation. To register, [click here.](#)

Get Balanced at Waters Edge Lodge
Mondays & Wednesdays, June 3 – August 21, 11:00 a.m. – 12:00 p.m.,
Location: 801 Island Drive
Cost: \$126 ~ Class #24645

Created by a team of physical therapists, this class is proven to prevent falls. Participants are tested before and after to track and celebrate changes. Learn exercises for vision and vestibular systems, strength, flexibility, proprioception, and quick reflexes. Practice "After a Fall Recovery Sequence" and progress from mostly seated to mostly standing. To register, [click here.](#)

Line Dancing for Returning Beginners (Level 2)

Mondays, June 3 and June 10, 12:30 p.m. – 2:00 p.m., Location: Social Hall

Cost: \$17 ~ Class #24549

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](#).

Get Balanced at Waters Edge Lodge

Mondays & Wednesdays, June 3 – August 21, 2:30 p.m. – 3:30 p.m.,

Location: 801 Island Drive

Cost: \$126 ~ Class #24646

Created by a team of physical therapists, this class is proven to prevent falls. Participants are tested before and after to track and celebrate changes. Learn exercises for vision and vestibular systems, strength, flexibility, proprioception, and quick reflexes. Practice "After a Fall Recovery Sequence" and progress from mostly seated to mostly standing. To register, [click here](#)

Yoga with Dina

Tuesdays, June 4 – June 18, 9:00 a.m. – 10:15 a.m., Location: Social Hall

Cost: \$36 ~ Class #24563

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. To register, [click here](#).

June Walking Club @ Waters Edge Lodge

Tuesdays & Thursdays, June 4 – June 27, 9:30 a.m. – 10:30 a.m.,

Location: 801 Island Drive

Cost: \$5 ~ Class #24647

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

Qigong

Tuesdays, June 4 – July 9, 10:00 a.m. – 11:00 a.m., Location: Room A

Cost: \$64 ~ Class #24970

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. To register, [click here](#).

Introduction to Windows 11

Tuesdays & Thursdays, June 4 – June 13, 10:30 a.m. – 12:30 p.m., Location: Room C

FREE ~ Class #26516

The Mastick Computer Lab is now running Windows 11. As a result, we are offering this class on Windows 11. This class is for students who have previous knowledge of any other Windows system. It assumes some previous knowledge of Windows. The emphasis for the class will be the differences between Windows 10 and Windows 11. Topics covered include how to navigate around Windows 11, files, folders, the manipulation of both, file types, all the major elements of Windows 11 including the task bar, systems bar, menu bar, system folders, Settings, keyboard short cuts, accounts, and security. To register, [click here](#)

Tai Chi Dance Fitness with Mel

Tuesdays, June 4 – June 25, 10:45 a.m. – 11:45 a.m., Location: Social Hall

Cost: \$43 ~ Class #25232

Embark on a rejuvenating journey...Immerse yourself in gentle yet invigorating movements, seamlessly blending the ancient mind-body practice of Tai Chi with the joy of dance, informed by infectious music of various styles. Experience improved balance, flexibility, mobility, strength, cardiovascular health and overall physical and mental well-being. Tai Chi is especially beneficial for easing pain and stiffness of arthritis. The class is low impact and can be done standing or sitting in a chair. No experience or equipment needed. Our supportive community welcomes you to make Tai Chi Dance part of your vibrant journey to wellness! No class 4/9. To register, [click here](#).

Hula 1

Tuesdays, June 4 – June 25, 11:30 a.m. – 12:20 p.m., Location: Room A

Cost: \$43 ~ Class #24723

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](#).

Support Group: Joys and Challenges of Aging

Tuesdays, June 4 – June 25, 1:00 p.m. – 1:30 p.m., Location: Room D

Cost: \$80 ~ Class #26754

From the instructor – "I'm 78 and live in a 55+ co-housing community in Oakland. I have four kids and 8 grandkids. I'm a retired clinical psychologist. I love my work, because I've had the privilege of working with hundreds of interesting people on a huge range of challenges. I've also done volunteer work with under-served women and children, refugees, and immigrants. I've found that empowerment is always at the foundation of healing and growth. And groups are the first-class place for empowerment.

One of the great joys of aging is that learning never ends! To register, [click here](#).

Zumba Gold Toning

Tuesdays, June 4 – June 25, 2:00 p.m. – 3:00 p.m., Location: Social Hall

Cost: \$43 ~ Class #24580

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](#).

Line Dancing for Absolute Beginners (Level 1)

Wednesdays, June 5, and June 12, 9:30 a.m. – 10:30 a.m., Location: Social Hall

Cost: \$20 ~ Class #24552

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](#).

Line Dancing for High Beginners (Level 3)

Wednesdays, June 5, and June 12, 11:00 a.m. – 12:30 p.m., Location: Social Hall

Cost: \$20 ~ Class #24556

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](#).

Qigong

Thursdays, June 6 – July 11, 10:00 a.m. – 11:00 a.m., Location: Room A

Cost: \$64 ~ Class #24971

Designed for more seasoned Qigong students or those who have taken Qigong previously at Mastick or somewhere else. We will review and practice everything learned in Robert Dorsett's Tuesday class, refine those exercises, and add more, as time permits. To register, [click here](#).

Yoga with Dina

Thursdays, June 6 – June 20, 10:00 a.m. – 11:15 a.m., Location: Social Hall

Cost: \$36 ~ Class #23993

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. To register, [click here](#).

Pickleball: Beyond the Basics

Mondays, June 6 – June 27, 11:00 p.m. – 12:30 p.m.

Location: Lincoln Park Pickleball Courts

Cost: \$116 ~ Class #24791

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](#).

Fitness with Kendra

Thursdays, June 6 – June 27, 11:45 a.m. - 12:45 p.m., Location: Social Hall

Cost: \$39 ~ Class #24740

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](#).

Zumba Gold

Thursdays, June 6 – June 27, 2:00 p.m. – 3:00 p.m., Location: Social Hall

Cost: \$43 ~ Class #24582

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

Seniors Sea Plane Lagoon Kayak Tour

Friday, June 7, 10:00 a.m. – 12:30 p.m., Location: Encinal Boat Ramp 190 Central Ave.

Cost: \$58 ~ Class #24572

Join us at the Encinal Boat Ramp for a special kayak tour around the Sea Plane Lagoon. These tours are designed for "Boomers", run at a pace that is just right for you using very stable double sea kayaks. You will see a variety of marine life, Navy vessels, scenic Bay views and more! Fee covers 1 participant. Each participant must sign up and pay. To register, [click here](#).

Keeping Elders Safe: Elder Abuse and Legal Remedies
Tuesday, June 11, 10:00 a.m. – 11:00 a.m., Location: Room D
FREE ~ Class #24327

Explains what elder abuse is and the laws that address it. Identifies signs of financial, emotional, physical abuse and neglect. Reviews legal remedies available to abused elders, including restraining orders. Covers practical tips to help prevent abuse. Provides information about agencies that can help. To register, [click here.](#)

What To Do With Our Treasures? Who Gets Our Stuff?
Wednesday, June 12, 10:00 a.m. – 11:30 a.m., Location: Room E
FREE ~ Class #24571

Who gets Grandma's china? What to do with the dog? And the photos? Are we fair? How do we tell them? Your home full of items asks for your attention. You make decisions now concerning your treasures' future, have discussions with your family and friends about your decisions for who gets what. Often a terrifying task, but Tina gives you guidance and concrete ideas with humor and caring. You will leave the class with homework and support to complete your tasks - sort, separate, decide. It is the best gift you can give your family and friends. Please consider making a \$5 donation to Mastick in class. To register, [click here.](#)

Caretaker Fraud: (Family and Non Family)
Wednesday, June 12, 11:00 a.m. – 12:30 p.m., Location: Room D
FREE ~ Class #24650

Join William Smith, retired FBI Agent, to learn about the scope and types of caretaker fraud, factors leading to it, how it is rationalized by the offender, ways to prevent it and what to do if detected. To register, [click here.](#)

Mastick Trips

Carmel-by-the-sea shopping and Monterey Zoo Trip

Thursday, June 13, 8:30 a.m. – 5:30 p.m., Location: Monterey, Carmel-by-the -sea

Cost: \$80 ~ Class #26789

With whimsical storybook architecture, hidden passageways and tucked-away courtyards is much to be explored in this charming village by the sea! Stroll the town's main block, Ocean Avenue, to discover unique boutiques, **local art galleries** and adorable inns and hotels. You'll also find metropolitan **shopping at Carmel Plaza** and plenty of diverse restaurants, bakeries coffee and markets. **Carmel-by-the-Sea** is but one-square mile in size, the village has more restaurants per capita than any other small city in America, including more than a **dozen wine tasting rooms** serving up some of the best Monterey County regional wines. And don't miss the **white sands of Carmel Beach!** The sunsets are legendary, accompanied by picturesque Monterey **Cypress trees** and great surfing.

You will visit **Monterey Zoo first**, The Monterey Zoo, formally Wild Things Animal Rentals, Inc. is now home to 100+ exotic animals ranging from spiders to African elephants. The zoo continues to run full-time educational programs that touch thousands of children and adults annually. After the Zoo you will have time to do **shopping and lunch on your own in Carmel.**

Admissions and transportation are included. To register, [click here.](#)