

# *Mastick Senior Center*

## *2019 Special Events Calendar*

# MAY



THUR	2	Great American Songbook, 1:00 p.m., Dining Room 2
FRI	3	Trip: The Oakland Zoo, 9:15 a.m. – 3:15 p.m.
TUE	7	Workshop: Alameda Development and Architecture (Tuesdays & Thursdays, May 7 – June 13), 11:00 a.m. – 12:00, Refer to program flier for slide show and walk locations, Book Club, 12:00, Dining Room 2, Presentation: Seniors' Guide to Public Benefits, 1:00 p.m., Room D, Class: P.R.I.M.E. Fitness (Tuesdays, May 7 & 14), 1:15 p.m. – 2:05 p.m., Social Hall LGBT Peer Support Group (Wednesdays, May 8 & 22), 1:30 p.m. – 3:30 p.m., Dining Room 2
THUR	9	New Member Orientation, 10:30 a.m., Media Room
SAT	11	Bingo: Mother's Day Celebration, 11:15 a.m., Social Hall
TUE	14	Presentation: Estate Planning: Tips, Traps & Solutions, 1:00 p.m., Dining Room 2
WED	15	MSCAB Meeting, 9:30 a.m. – 10:30 a.m., Room D, Presentation: Maintaining Healthy Feet as We Age, 1:00 p.m., Media Room
THUR	16	Workshop: Using Poles for Balance & Mobility, 9:00 a.m. – 12:00, Room D
FRI	17	Kayaking: Sea Plane Lagoon, 9:00 a.m. – 11:30 a.m., meet at Encinal Boat Ramp (190 Central Ave.)
SAT	18	Pickleball Clinics: Intermediate (9:00 a.m. – 11:00 a.m.), Beyond Basics (11:00 a.m. – 1:00 p.m.), Lincoln Park
TUE	21	Workshop: Declutter to Downsize, 1:00 p.m., Room D
WED	22	Presentation: Buying a New Car? Why Not go Electric?, 1:00 p.m., Media Room, Diabetes Support Group, 1:00 p.m. – 3:00 p.m., Room D
THU	23	Birthday Celebration, 12:30 p.m., Dining Room 2, Music Appreciation, 1:30 p.m., Dining Room 2
MON	27	Center Closed for Memorial Day Holiday
TUE	28	Presentation: Podcast with Leslie Krongold, Ed.D., 1:00 p.m., Room D
WED	29	Annual National Senior Health & Fitness Fair, 1:00 p.m. – 3:00 p.m.



NOTE: PROGRAM DATES & TIMES ARE SUBJECT TO CHANGE!

Please refer to the Mastick Newsletter for registration and fee requirements. Thank you!