

## 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.

### **Alameda County Tenants' Rights Workshop**

Are you at risk of losing your home? Do you want to learn your rights as a tenant? Centro Legal is offering free, online workshops and phone consultations with legal advice for Alameda County tenants! If you need legal assistance with your housing concern ranging from habitability issues to rent increases to eviction notices, please save your spot for a one-on-one consultation at the next remote online tenants' rights workshop or make an appointment for an individual phone consultation by calling 510-437-1554 or emailing [tenantsrights@centrolegal.org](mailto:tenantsrights@centrolegal.org).

### **Creative Writing**

**Mondays, May 2, 9, 16 & 23, 11:30 a.m. - 1:30 p.m., Location: Media Room**

**Cost: \$80 ~ Class #16825**

This class emphasizes the craft of writing and magic of making art with words. Weekly writing exercises and assignments, lectures, discussions, and examples of literature included. To register: [click here](#).

### **Hula 1**

**Tuesdays, May 3, 10, 17 & 24, 11:30 a.m. – 12:20 p.m., Location: Room A**

**Cost: \$43 ~ Class #17290**

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 movements. Join us for fun and aloha! To register, [click here](#).

### **Hula 2**

**Tuesdays, May 3, 10, 17 & 24, 12:30 p.m. – 1:20 p.m., Location: Room A**

**Cost: \$43 ~ Class #17291**

If you have danced hula previously and are familiar with the basic hula steps, 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 movements. Join us for fun and aloha! To register, [click here](#).

### **Book Club**

**Tuesday, May 3, 12:15 p.m., Location: Zoom**

**FREE**

Join Book Club members and discuss "I Capture the Castle" by Dodie Smith. "Angle of Repose" by Wallace Stegner will be reviewed on June 7. 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.

**Alexander Technique: Improving the Vagus Nerve Function**  
**Tuesdays, Wednesdays & Thursdays, May 3, 4, 5, 10, 11 & 12, 1:30 p.m. – 3:00 p.m.,**  
**Location: via Zoom**  
**Cost: \$93 ~ Class #14826**

The Vagus nerve, a major parasympathetic nerve, is responsible for many health ailments. Learn how to strengthen its functionality by using Alexander Technique principles and ultimately improve your immune system, breathing, digestion, balance, and sleep. To register, [click here.](#)

**Zumba Gold – Toning**  
**Tuesdays, May 3, 10, 17 & 24, 2:00 p.m. – 2:55 p.m., Location: Room A**  
**Cost: \$43 ~ Class #16019**

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

**Line Dancing for New Beginners**  
**Wednesdays, May 4, 11, 18 & 25, 9:30 a.m. – 10:30 a.m., Location: Social Hall**  
**Cost: \$27 ~ Class #15398**

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. Come join us in activating your body and mind with music. To register, [click here.](#)

**Line Dancing - Intermediate**  
**Wednesdays, May 4, 11, 18 & 25, 11:00 a.m. – 12:30 p.m., Location: Social Hall**  
**Cost: \$21 ~ Class #14776**

Designed for individuals who have mastered the basic steps and movements. More complex steps will be added. To register, [click here.](#)

**The Movie Matinee Returns to Mastick!**  
**Wednesdays, May 4 & 18, 12:30 p.m. – 2:30 p.m., Location: Dining Room 2**  
**FREE**

Join other Mastick Members on the first and third Wednesday of each month to watch a variety of movies which include current blockbusters as well as the classics. Free popcorn available. Space is limited.

**May 4: Free Guy (2021)** Action/Adventure/Comedy with Ryan Reynolds (PG-13) – A bank teller discovers that he's actually a background player inside a video game, deciding to become the hero of his own story... one he rewrites himself. Now in a world where there are no limits, he is determined to be the guy who saves his world his way... before it is too late. (1 h 55m)

**May 18: Tick, Tick...Boom! (2021)** Biography/Drama/Musical with Andrew Garfield (PG-13) -- On the cusp of his 30th birthday, a promising young theater composer navigates love, friendship and the pressures of life as an artist in New York City. (2h)

**Yoga**  
**Thursdays, May 5 – June 23, 10:00 a.m. – 11:15 a.m., Location: Social Hall**  
**Cost: \$64 ~ Class #16642**

Alignment-based yoga targets modified poses focusing on strength, flexibility, and balance. Synchronize your mind and body while having fun. Dress in layers, bring a yoga mat, strap, and blanket for relaxation/warmth. To register, [click here.](#)

### **Zumba Gold**

**Thursdays, May 5, 12, 19 & 26, 2:00 p.m. – 2:55 p.m., Location: Social Hall**

**Cost: \$43 ~ Class #16021**

Zumba Gold is a lower-intensity dance class designed for active older adults. A typical class will feature merengue, salsa, cha-cha, reggaeton, bachata, samba, soca, hip-hop, belly dance and bhangra. Class open to all levels. To register, [click here.](#)

### **Mastick Movie Club**

**Friday, May 6, 10:00 a.m. – 12:00, Location: Zoom**

**FREE**

Join Movie Club members for a discussion of “CODA” (Child of Deaf Adults). This movie has received several awards including the Academy Award for Best Picture and includes stunning performances by Marlee Matlin and Troy Kotsur, recipient of the Critics’ Choice Movie Award for Best Supporting Actor. You can find it at some local theaters and on Apple TV with a subscription. To join the discussion, email Ed Kallas, Recreation Supervisor I, at [ekallas@alamedaca.gov](mailto:ekallas@alamedaca.gov)

### **Strength Training and Cardio**

**Mondays, May 9 – June 20, 9:30 a.m. – 10:30 a.m., Location: Room A**

**Cost: \$52 ~ Class #17266**

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

### **Chair Yoga**

**Mondays, May 9 – June 20, 11:00 a.m. – 12:00 p.m., Location: Social Hall**

**Cost: \$52 ~ Class #15247**

Enjoy a gentle form of yoga practiced sitting in a chair or standing using the support of a chair. Relax your body and ease stress while building strength and flexibility. To register, [click here.](#)

### **Qigong**

**Tuesdays, May 10 – June 14, 10:00 a.m. – 11:00 a.m., Location: Room A**

**Cost: \$57 ~ Class #15292**

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.](#)

### **Medicare Alert: Prevent Medicare Fraud & Abuse**

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

**FREE ~ Class #14824**

Join a HICAP Representative to learn about the types of fraud and abuse prevalent in the Medicare system. Gain increased awareness of health care scams, how to protect against them, identifying fraud and abuse, and where to report it. To register, [click here.](#)

**Pilates (in person & via Zoom)**  
**Wednesdays, May 11 – June 22, 9:00 a.m. – 10:00 a.m., Location: Room A**  
**\$52 ~ Class #15289**

Pilates is designed to develop muscle strength, balance, and tone. Controlled breathing and proper body alignment are key. Session includes upright 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](#).

**Hula Expo**  
**Thursday, May 12, 12:00 p.m. – 12:50 p.m., Location: Room A**  
**FREE ~ Class #17904**

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 movements. Join us for fun and aloha! To register, [click here](#).

**Mastick Trip to Sea Plane Lagoon Kayaking Tour**  
**Friday, May 13, 9:00 a.m. – 12:00, Location: meet in the Mastick Senior Center Parking Lot**  
**Activity Level: Challenging Chargers (one hour of paddling with breaks)**  
**Cost: \$75 ~ Class #16590**

Join experienced Kayak Guide, Joe Stack, on a paddle past the USS Hornet, Navy reserve vessels, and outer rock wall where Brown Pelicans migrate. Bring your camera and capture incredible sights and spectacular views! Bus transportation provided. To register, [click here](#).

**Hop on the Bus with Us!**  
**Tuesday, May 17, 1:00 p.m. – 3:00 p.m., Location: Game Room/Off-site**  
**FREE ~ Class #15003**

Interested in improving your transit skills or gaining more experience using the AC Transit system? If so, join Katherine "Kat" Kaldis, Paratransit Coordinator, to catch the bus together and explore Alameda. Space is limited. To register, [click here](#) or call (510) 747-7513.

**Connections & Senior Resources**  
**Wednesday, May 18 (meets third Wednesday of each month), 1:00 p.m. – 2:00 p.m.,**  
**Location: Room D**  
**FREE**

A safe place for seniors to get together to receive community information. The Senior Connections Case Manager will facilitate, provide resources, referrals, and practical and constructive information to assist with working through life's tough and complex issues. Program provided by Alameda Family Services and funded in part by the Mastick Senior Center Advisory Board. Registration not required. If you have questions, please call (510) 747-7505.

**Diabetes Support Group**  
**Wednesday, May 25 (meets fourth Wednesday of each month), 10:00 a.m. – 12:00,**  
**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. To register, call (510) 747-7500.

**Birthday Celebration**  
**Thursday, May 26, 12:30 p.m. – 1:00 p.m., Location: Courtyard / Dining Room 2**  
**FREE**

Let's celebrate your special day! Join us for sweet treats and happy birthday wishes!

**Music Appreciation ~ Paderewski**  
**Thursday, May 26, 1:30 p.m. – 2:30 p.m., Location: Dining Room 2**  
**FREE**

Join Bill Sturm, Volunteer, for a discussion and piano performance of the music by famed Polish pianist and composer, Ignacy Jan Paderewski.

**AARP Smart Driver Standard Course**  
**Wednesdays, June 1 & 8, 9:00 a.m. – 1:30 p.m., Location: Room D**  
**Cost: \$20 per person for AARP Members (AARP ID# required),**

**\$25 per person for non-AARP Members, FREE with proof of United HealthCare Insurance**

The AARP Smart Driver Course is the largest classroom driver course specifically designed for motorists, age 50+. The Standard Course is a two day, four-hour class (eight hours total) taught by a trained AARP Volunteer Instructor. Registration and payment (**CHECKS ONLY – payable to AARP**) must be completed in the Mastick Lobby no later than two days prior to the start date of the class.

**Line Dancing for New Beginners**  
**Wednesdays, June 1, 8, 15, 22 & 29, 9:30 a.m. – 10:30 a.m., Location: Social Hall**  
**Cost: \$27 ~ Class #15502**

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. Come join us in activating your body and mind with music. To register, [click here.](#)

**Line Dancing - Intermediate**  
**Wednesdays, June 1, 8, 15, 22 & 29, 11:00 a.m. – 12:30 p.m., Location: Social Hall**  
**Cost: \$21 ~ Class #15282**

Designed for individuals who have mastered the basic steps and movements. More complex steps will be added. To register, [click here.](#)

**Summer Walking Club @ Waters Edge Lodge**  
**Tuesdays & Thursdays, June 2 – 30, 9:30 a.m. – 10:30 a.m.,**  
**Location: Waters Edge Lodge, 801 Island Drive**  
**Cost: \$5 for entire session ~ Class #15554**

Enjoy a walking excursion and take in the beautiful sights around the lagoon with a personal trainer. Warm up and cool down stretching included. To register, [click here.](#)

**Zumba Gold**  
**Thursdays, June 2, 9, 16 & 23, 2:00 p.m. – 2:55 p.m., Location: Social Hall**  
**Cost: \$43 ~ Class #15557**

Zumba Gold is a lower-intensity dance class designed for active older adults. A typical class will feature merengue, salsa, cha-cha, reggaeton, bachata, samba, soca, hip-hop, belly dance and bhangra. Class open to all levels. To register, [click here.](#)

### **Seniors Sea Plane Lagoon Kayak Tour**

**Friday, June 3, 10:00 a.m. – 12:30 p.m., Location: Encinal Boat Ramp, 190 Central Ave.**

**Cost: \$65 – Class #15555**

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.](#)

### **Pickleball Tourney: 18+ Men's Doubles (2.5)**

**Friday, June 3, 9:00 a.m. – 1:00 p.m., Location: Lincoln Park, 1450 High St.**

**Cost: \$22 resident / \$27 non-resident ~ Class #16791**

Fee is per player. For age 18 and older: Round Robin Format. Awards for first, second and third place teams. Self-officiated. Include the name of your partner at the time of registration. Maximum of two players per team. No professionals. Governed by USA Pickleball and Alameda "House Rules". Tournament Commissioner reserves the right to reassign players to other skill bracket or refund registration due to inappropriate skill designation. Commissioner's judgement on all questions of rules and conduct of play is final. No refunds unless tournament is rescheduled or cancelled. To register, [click here.](#)

### **Pickleball Tourney: 18+ Women's Doubles (2.5)**

**Friday, June 3, 1:00 p.m. – 4:00 p.m., Location: Lincoln Park, 1450 High St.**

**Cost: \$22 resident / \$27 non-resident ~ Class #16792**

Fee is per player. For age 18 and older: Round Robin Format. Awards for first, second and third place teams. Self-officiated. Include the name of your partner at the time of registration. Maximum of two players per team. No professionals. Governed by USA Pickleball and Alameda "House Rules". Tournament Commissioner reserves the right to reassign players to other skill bracket or refund registration due to inappropriate skill designation. Commissioner's judgement on all questions of rules and conduct of play is final. No refunds unless tournament is rescheduled or cancelled. To register, [click here.](#)

### **Pickleball Tourney: 18+ Mixed Doubles (2.5)**

**Friday, June 4, 9:00 a.m. – 12:00, Location: Lincoln Park, 1450 High St.**

**Cost: \$22 resident / \$27 non-resident ~ Class #16793**

Fee is per player. For age 18 and older: Round Robin Format. Awards for first, second and third place teams. Self-officiated. Include the name of your partner at the time of registration. Maximum of two players per team. No professionals. Governed by USA Pickleball and Alameda "House Rules". Tournament Commissioner reserves the right to reassign players to other skill bracket or refund registration due to inappropriate skill designation. Commissioner's judgement on all questions of rules and conduct of play is final. No refunds unless tournament is rescheduled or cancelled. To register, [click here.](#)

### **Spanish – Beginning**

**Mondays, June 6 – August 4, 9:00 a.m. – 10:00 a.m., Location: Dining Room 2**

**Cost: \$35 ~ Class #15301**

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

**BaM (Balance and Mobility)**

**Tuesdays, June 7 – August 9, 12:15 p.m. – 1:05 p.m., Location: Social Hall**

**Cost: \$63 ~ Class #15236**

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](#).

**Transportation 101**

**Tuesday, June 7, 1:00 p.m. – 3:00 p.m., Location: Room D**

**FREE ~ Class #15006**

Katherine "Kat" Kaldis, Paratransit Coordinator, will provide an overview of the various transportation options (East Bay Paratransit, AC Transit Clipper Card, FREE shuttle service, and MORE) available to Alameda residents. Bring your questions! To register, [click here](#) or call (510) 747-7513.

**Zumba Gold – Toning**

**Tuesdays, June 7, 14, 21 & 28, 2:00 p.m. – 2:55 p.m., Location: Room A**

**Cost: \$43 ~ Class #15558**

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

**Mastick Trip to Cantor Arts Center at Stanford**

**Wednesday, June 15, 8:45 a.m. – 4:30 p.m.,**

**Location: gather in the Mastick Courtyard by 8:45 a.m.**

**Activity Level: Easy Street (up to ONE block of walking at a time)**

**Cost: \$65 ~ Class #18151**

Enjoy a docent tour of the Art Museum on the campus of Stanford University which consists of 130,000 square feet of exhibition space, including sculpture gardens. Lunch at Paul Martin's American Grill and transportation on a climate-controlled bus is included. Expect about one hour of walking with places to rest. **Bus departs at 9:15 a.m. sharp!** To register, [click here](#).