

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.

Let's Start Singing! with Alameda Sings!

Monday, September 12 – December 5, 7:00 p.m. – 9:00 p.m., Location: TBD,

Cost per class: \$155 (\$150 class fee plus \$5 administrative fee), **Class #19275**

"Bring a Friend" Open House to the first session on September 12th. Short vocal evaluation for parts assignment. \$30 music preparation fee due first session Take note: Male Voices Needed.

The program will conclude with two concerts: December 9th at 7:30 p.m., and December 11th at 3:00 p.m., location to be determined. For more information, please call 510-219-6862 or visit www.alamedachorus.com. To register, [click here](#).

Chair Yoga

Mondays, August 1 – August 29, 11:00 a.m. – 12:00 p.m., Location: Social Hall

Cost: \$43 ~ Class #18158

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](#).

Mah Jongg

Mondays, August 1, 8, 15, 22 & 29, 12:00 p.m. – 3:00 p.m., Location: Game Room

FREE

Learn to play Mah Jongg with Volunteer Instructor, Anita Bellomo. Experienced players also welcome on Monday and Friday afternoons, 12:00 p.m. – 3:00 p.m. First come, first served.

Qigong

Tuesdays, August 2 - September 6, 10:00 a.m. – 11:00 a.m., Location: Room A

Cost: \$59 ~ Class #15294

Join Robert Dorsett, Instructor, and practice Qigong, an ancient discipline that includes visualization, mindfulness, and focused breathing. It balances emotions, improves health, and enhances the mind, body, and spirit. Class easily modified for all fitness levels. To register, [click here](#).

Hula 1

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

Cost: \$53 ~ Class #17551

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, August 2 – August 30, 12:30 p.m. – 1:20 p.m., Location: Room A

Cost: \$53 ~ Class #17557

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, August 2, 12:15 p.m. – 2:00 p.m., Location: Zoom

FREE

Join Book Club members and discuss "The Tea Girl of Hummingbird Lane" by Lisa See. To join the discussion, email Ed Kallas, Recreation Supervisor I, at ekallas@alamedaca.gov. Mastick has a limited supply of each book available for lending. If interested, call (510) 747-7500.

Transportation 101

Tuesday, August 2, 1:00 p.m. – 3:00 p.m., Location: Room D,

FREE ~ Class #15913

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

Pilates (in person & via Zoom)

Wednesdays, August 3 – August 31, 9:00 a.m. – 10:00 a.m., Location: Room A

\$38 ~ Class #15290

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](#).

Line Dancing for New Beginners

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

Cost: \$33 ~ Class #15504

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](#).

Strength Training and Cardio

Wednesdays, August 3 - August 31, 10:30 a.m. – 11:30 a.m., Location: Room A

Cost: \$38 ~ Class #15305

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.](#)

Line Dancing - Intermediate

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

Cost: \$33 ~ Class #15284

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

Movie Matinee

Wednesdays, August 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 which include current blockbusters as well as the classics. Free popcorn available. Space is limited.

August 3: Won't You Be My Neighbor? (2018) Documentary (PG-13) - An exploration of the life, lessons, and legacy of Fred Rogers, the beloved and iconic children's television host of the popular TV show "Mister Rogers' Neighborhood." (1h 35m)

Pickleball Advanced Drills

Thursdays, August 4 – August 25, 2:00 p.m. – 3:00 p.m.,

Location: Lincoln Park Pickleball Courts

Cost: \$85 ~ Class #18086

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

Mastick Movie Club

Friday, August 5, 10:00 a.m. – 12:00, Location: Zoom

FREE

Join Movie Club members for a discussion and comparison of **A Star is Born (1976)** starring Barbara Streisand & Kris Kristofferson and a remake of **A Star is Born (2018)** starring Lady Gaga and Bradley Cooper. Both of these movies are available on a variety of streaming services....some free and some for a small \$3.99 fee. To join the discussion, email Ed Kallas, Recreation Supervisor I, at ekallas@alamedaca.gov

Check This Out! Basic Housing Rights Check This Out!

Tuesday, August 9, 10:00 a.m. – 11:00 a.m., Location Room D

FREE ~ Class #15257

Join a HICAP Representative to learn about Basic Housing Rights. To register, [click here.](#)

NEW! Holding Space – How to Have Satisfying Conversations Again! NEW!

**Tuesdays, August 16 – December 6, 10:00 a.m. – 11:30 a.m., Location: Dining Room 2
FREE ~ Class #18862**

Holding Space will offer participants opportunities to learn to speak and listen to one another - without already having an answer or personal comparison ready as the response. Just hold space for the person speaking. How satisfying would it be to feel like someone is really listening? Learn to feel comfortable talking about whatever you want to discuss, while also becoming a supportive and unbiased listener. Begin each session learning how to engage in productive conversations with Sharon Cravanas, Certified Professional Coach and diversity counselor for over 40 years. Then, practice having real conversations with a partner with the ultimate goal of being empowered to take these skills home. To join the conversation, [click here.](#)

Hop on the Bus with Us!

**Tuesday, August 16, 1:00 p.m. – 3:00 p.m., Location: Game Room/Off-site
FREE ~ Class #15275**

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.

Movie Matinee

**Wednesdays, August 17, 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 which include current blockbusters as well as the classics. Free popcorn available. Space is limited.
August 17: Hunt for the Wilderpeople (2016) Adventure/Comedy/Drama (R) with Sam Neill (PG-13)
- In this poignant, funny film, a national manhunt is ordered for a rebellious kid and his foster uncle who go missing in the wild New Zealand bush. (1h 41 m)

What to Do with Our Home Full of “Stuff”

**Wednesday, August 17, 1:00 p.m. – 3:00 p.m., Location: Dining Room 2
FREE ~ Class #15930**

With humor and caring, gain skills necessary to sort through and discard the items filling your home. Practice how to discuss with loved ones your decisions about who gets what. \$5 donation encouraged. To register, [click here.](#)

NEW! Fitness with Kendra NEW!

**Thursdays, August 18 – September 29, 10:15 a.m. – 11:15 a.m., Location: Room A
Cost: \$57 ~ Class #18776**

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

The Last Gift Box

**Tuesday, August 23, 1:30 p.m. – 3:30 p.m., Location: Room D
FREE ~ Class #15932**

Based on the book, "The Last Gift Box", learn practical ways to organize the "business" aspects of your life and communicate end-of-life decisions and how you wish to be remembered by loved ones. This essential subject is presented with factual information and humor. \$5 donation encouraged. To register, [click here.](#)

Seniors Sea Plane Lagoon Kayak Tour

**Friday, August 26, 10:00 a.m. – 12:30 p.m., Location: Encinal Boat Ramp, 190 Central Ave.
Cost: \$65 – Class #15556**

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: Intermediate Drills & Practice Games

**Wednesday, August 31, 6:00 p.m. – 8:00 p.m., Location: Pickleball Courts at Lincoln Park
Cost: \$45 – Class #19264**

Improve your game and sharpen your skills! Enjoy drills designed to benefit the intermediate level player followed by game play designed to use the skills learned. Led by Marcia Neishi, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association. Note: This is a 1 day, 2 hour clinic.

Yoga

**Tuesday, September 6 – October 25, 9:00 a.m. – 10:15 a.m., Location: Social Hall
Cost: \$67 ~ Class #18131**

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.](#)

Chat Room: Finding Meaning in Your Life

**Tuesday, September 6 – December 27, 9:30 a.m. -10:30 a.m., Via Zoom
FREE ~ Class #18010**

Join an ongoing, open ended discussion on Zoom. Members will receive the Zoom meeting I.D. and passcode information following registration. To register, [click here.](#)

Thriving with Parkinson's at Waters Edge Lodge

**Tuesdays & Thursdays, September 6 – October 27, 11:00 a.m. – 12:00,
Location: 801 Island Drive
Cost: \$83 ~ Class #15327**

A comprehensive approach to combat Parkinson's symptoms based on principles from physical, occupational, and speech therapy and concepts from LSVT. Address postural changes, mood, cognition, swallowing, speech, and tremors. To register, [click here.](#)

Hula 1

**Tuesdays, September 6 – September 27, 11:30 a.m. – 12:20 p.m., Location: Room A
Cost: \$43 ~ Class #18045**

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, September 6 – September 27, 12:30 p.m. – 1:20 p.m., Location: Room A
Cost: \$43 ~ Class #18049**

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](#).

Transportation 101

**Tuesday, September 6, 1:00 p.m. – 3:00 p.m., Location: Room D,
FREE ~ Class #15331**

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

Book Club

**Tuesday, September 6, 12:15 p.m. – 2:00 p.m., Location: Zoom
FREE**

Join Book Club members and discuss "West with the Night" by Beryl Markham will be reviewed on September 6. To join the discussion, email Ed Kallas, Recreation Supervisor I, at ekallas@alamedaca.gov. Mastick has a limited supply of each book available for lending. If interested, call (510) 747-7500.

Pilates (in person & via Zoom)

**Wednesdays, September 7 – October 26, 9:00 a.m. – 10:00 a.m., Location: Room A
\$67 ~ Class #18094**

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](#).

Line Dancing for Absolute Beginners

**Wednesdays, September 7 – September 28, 9:30 a.m. – 10:30 a.m., Location: Social Hall
Cost: \$33 ~ Class #18067**

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 Improvers

Wednesdays, September 7 - September 28, 11:00 a.m. – 12:30 p.m., Location: Social Hall

Cost: \$33 ~ Class #15285

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

Pickleball Advanced Drills

Thursdays, September 8 – September 29, 2:00 p.m. – 3:00 p.m., Location: Lincoln Park

Pickleball Courts

Cost: \$85 ~ Class #18087

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

Strength Training and Cardio

Monday, September 12 – October 31, 9:30 a.m. – 10:30 a.m., Location: Room A

FREE ~ Class #18111

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, September 12 – October 31, 11:00 a.m. – 12:00 p.m., Location: Social Hall

Cost: \$67 ~ Class #18159

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

Free Preventative Benefits: What Medicare Covers In Full

Tuesday, September 13, 10:00 a.m. – 11:00 a.m., Location: Dining Room 2

FREE ~ Class #18077

Class includes a brief overview of the Medicare Program, highlights the benefits covered in full under Medicare Care Part B, Differentiates free preventative benefits from diagnostic care (not covered in full), explains eligibility for low-income assistance programs, and reviews ways to report Medicare fraud and abuse. To register, [click here.](#)

Protecting Older Adults from Elder Abuse by Non Family Members

Tuesday, September 13 – September 20, 11:00 a.m. – Noon, Location: Room D

FREE ~ Class #18097

Join William Smith, retired FBI Agent, to learn how to better protect yourself from financial crimes against older adults. Focus will be on protecting yourself from caregiver fraud. Families of Mastick Members also welcome to attend. To register, [click here.](#)

Qigong

Tuesdays, September 13 – October 18, 10:00 a.m. – 11:00 a.m., Location: Room A

Cost: \$59 ~ Class #17132

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](#).

Pickleball: Advanced Drills & Practice Games

Wednesday, September 14, 6:00 p.m. – 8:00 p.m.,

Location: Lincoln Park Pickleball Courts

Cost: \$45

Class #19276

Improve your game and sharpen your skills! Enjoy drills designed to benefit the advanced level player followed by game play designed to use the skills learned. Led by Marcia Neishi, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association. Note: This is a 1-day, 2 hour clinic. To register, [click here](#).

Birthday Celebration

Thursday, September 22, 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!