

## 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).

### **Mastick Movie Club**

**Friday, September 2, 10:00 a.m. – 12:00 p.m., Location: Zoom  
FREE**

Join Movie Club members for a discussion and comparison of **The Man Who Knew Too Much (1934)** starring Peter Lorre and a remake of **The Man Who Knew Too Much (1956)** starring Jimmy Stewart and Doris Day. Both movies are directed by Alfred Hitchcock and are available on several streaming services. To join the discussion, email Ed Kallas, Recreation Supervisor I, at [ekallas@alamedaca.gov](mailto:ekallas@alamedaca.gov)

### **Chat Room: Finding Meaning in Your Life**

**Tuesdays, September 6 – December 27, 9:30 a.m. - 10:30 a.m., Location: 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 p.m.,  
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](#).

### **Aloha!      Hula 1**

**Tuesdays, September 6 – 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 – 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. Wolf Hall by Hilary Mantel will be reviewed on October 4. 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.

### **Pilates (in person & via Zoom)**

**Wednesdays, September 7 – October 26, 9:00 a.m. – 10:00 a.m., Location: Room A**

**Cost: \$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 – 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 - 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.](#)

### **Strength Training and Cardio**

**Wednesdays, September 7 – October 26, 10:30 a.m. – 11:30 a.m., Location: Room A**

**Cost \$67 ~ Class #18112**

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.](#)

### **Movie Matinee**

**Wednesday, September 7, 12:30 p.m. – 2:30 p.m., Location: Dining Room 2**

**FREE**

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

#### **THE GRAY MAN (2022): ACTION/THRILLER w/ Ryan Gosling 2h 2m (PG-13)**

When the CIA's most skilled operative, whose true identity is known to none, accidentally uncovers dark agency secrets, a psychopathic former colleague puts a bounty on his head, setting off a global manhunt by international assassins.

### **Check This Out! Nutrition for a Healthy Life! Check This Out!**

**Thursday, September 8, 9:00 a.m. – 10:00 a.m., Location: Room D**

**FREE ~ Class #19961**

Whether your goal is to eat healthier, lose weight, or just add more variety to your diet, this talk is for you! We will discuss how to create and maintain a healthier way of eating using simple, basic, and practical tools. Learn easy tips that will help improve your overall diet and thus, your well-being! To register, [click here.](#)

### **Yoga**

**Thursdays, September 8 – October 27, 10:00 a.m. – 11:15 a.m., Location: Social Hall**

**Cost: \$67 ~ Class #18133**

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.](#)

### **Pickleball Advanced Drills**

**Thursdays, September 8 – 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](#)

**Spanish - Beginning**

**Mondays, September 12 – October 31, 9:00 a.m. – 10:00 a.m., Location: Dining Room 2**

**Cost: \$35 ~ Class #18106**

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

**Spanish Conversation**

**Mondays, September 12 – October 31, 10:30 a.m. – 11:45 a.m., Location: Dining Room 2**

**Cost: \$45 ~ Class #18108**

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

**Strength Training and Cardio**

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

**Cost \$67 ~ 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](#).

**Let's Start Singing! with Alameda Sings!**

**Mondays, September 12 – December 5, 7:00 p.m. – 9:00 p.m., Location: Dining Room 2,**

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

"Bring a Friend" Open House to the first session on September 12<sup>th</sup>. 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 9<sup>th</sup> at 7:30 p.m., and December 11<sup>th</sup> at 3:00 p.m., location to be determined. For more information, please call 510-219-6862 or visit [www.alamedachorus.com](http://www.alamedachorus.com). 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](#).

**Check This Out! Protecting Older Adults from Elder Abuse by Non Family Members**

**Tuesdays, September 13 – 20, 11:00 a.m. – 12:00 p.m., 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](#).

**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](#).

**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](#).

**New!! Ballroom Dance New!!**

**Wednesdays, September 14 – December 28, 1:00 p.m. – 2:00 p.m., Location: Room A**

**Cost: \$5 ~ Payable to instructor at the door**

Did you know that dancing makes you smarter? Studies have linked frequent dancing to increased brain and physical health. Learn dances like: Waltz, Foxtrot, Cha Cha, Rumba, Swing and Night Club Two Step. The focus of the class is to have fun! No partner necessary. Wear comfortable clothes and shoes. Flexible tennis shoes will work. Drop-in. No registration required.

**Zumba Gold**

**Thursdays, September 15 – 29, 2:00 p.m. – 2:55 p.m., Location: Social Hall**

**Cost: \$33 ~ Class #18136**

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

**Attention! Pole Walking for Veterans**

**Fridays, September 16 – 29, 9:00 a.m. – 12:00 p.m., Location: Room D  
FREE ~ Class #17289**

A special grant from Sierra Club Military Outdoors enables us to offer this Pole Walking for Maintaining Mobility class FREE to veterans and their families. REGISTRATION REQUIRED, visit: [www.SierraClub.org/Loma-Prieta/Calendar](http://www.SierraClub.org/Loma-Prieta/Calendar) to register and for more information. Learn skills to reduce fall risk and improve your balance, endurance, gait, agility, function, and posture. Easy-to-learn techniques help navigate everyday obstacles. Top quality poles and special balance tips available for use during the class. Enjoy the outdoors, connect with buddies and get great exercise.

**Senior Connections & Resources**

**Wednesday, September 21, 1:00 p.m. – 2:00 p.m., Location: Room D  
FREE**

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, call 510-747-7505.

**Movie Matinee**

**Wednesday, September 21, 12:30 p.m. – 2:30 p.m., Location: Dining Room 2  
FREE**

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

**CRAZY, STUPID, LOVE (2011) COMEDY/DRAMA/ROMANCE w/ Steve Carell 1h 58m (PG-13)**

A middle-aged husband's life changes dramatically when his wife asks him for a divorce. He seeks to rediscover his manhood with the help of a newfound friend, Jacob, learning to pick up girls at bars.

**Back by Popular Demand!**

**The Last Gift Box**

**Wednesday, September 21, 1:00 p.m. – 3:00 p.m., Location: Room D  
FREE ~ Class #15325**

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 to Mastick Senior Center encouraged. To register, [click here](#).

**Birthday Celebration**

**Thursday, September 22, 12:30 p.m. – 1:00 p.m., Location: Courtyard  
FREE**

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

**Music Appreciation**

**Thursday, September 22, 1:30 p.m. – 2:30 p.m., Location: Courtyard  
FREE**

"Wit and Whimsy: The Music of Jacques Ibert (1890-1962)". Discussion and piano performance of music by this colorful French composer.



**Train Your Brain @ Elders Inn**

**Mondays, September 26 – November 16, 10:00 a.m. – 11:00 a.m.,**

**Location: 1721 Webster Street, Alameda**

**Cost: \$103 ~ Class #15329**

Practice techniques such as verb generation, coordination exercises, short-term memory recall, listing, basic math, set-shifting, name memorization and attention games to maintain or improve memory. Session includes homework and strategies to work around memory obstacles in your daily routine. To register, [click here.](#)

**Good Information! Nursing Homes: Overview and Selection**

**Tuesday, September 27, 11:00 a.m. – 12:00 p.m., Location: Room D**

**FREE ~ Class #18152**

Join William Smith, retired FBI Agent, to discuss the nursing home industry and issues surrounding selecting a nursing home. Families of Mastick Members also welcome to attend. To register, [click here.](#)

**Balance and Mobility (BaM)**

**Tuesdays, September 27 – November 22, 12:15 p.m. – 1:05 p.m., Location: Social Hall**

**Cost: \$63 ~ Class #18000**

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.](#)

**Alexander Technique: Mind Your Posture**

**Tuesday, Wednesday & Thursday, September 27 - 29, 1:30 p.m. – 3:00 p.m.**

**Location: Room D**

**Cost: \$48 ~ Class #17998**

Alexander Technique deals with postural and movement habits that interfere with our daily functioning. Join Lenka Fejt, certified Alexander Technique teacher, and learn to apply the principles of this self-care method and improve your posture, balance, and movement. To register, [click here.](#)

**Diabetes Support Group**

**Wednesday, September 28, 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, contact 510-383-5185. Meetings are held on the fourth Wednesday of the month. Registration required. To register, please call 510-747-7500.

**Line Dancing for Absolute Beginners**

**Monday, October 3 – 24, 12:30 p.m. - 2:00 p.m., Location: Social Hall**

**Cost: \$33 ~ Class #18058**

Designed for returning beginners who have some experience with basic steps and want to continue learning more steps and new dances. Learn terminology and various steps of dances. Dance for fun while exercising your body and mind to a wide variety of music. To register, [click here.](#)

**Mastick Trip: UC Santa Cruz Arboretum Join us!**

**Tuesday, October 4, 8:00 a.m. – 4:00 p.m.**

**Cost: \$70 ~ Class #20024**

The UC Santa Cruz Arboretum and Botanic Garden works to connect people with plants. Enjoy their 135 acre living museum full of rare and unique plant species. We'll use the arboretum's resources to identify species as we survey the flora and fauna. Lunch at Crow's Nest Restaurant included. Transportation included. To register, [click here](#).

**October Walking Club**

**Tuesdays, October 4 – 27, 9:30 a.m. - 10:30 a.m.,**

**Location: Waters Edge Lodge, 801 Island Drive**

**Cost: \$5 ~ Class #18567**

Go for a walking excursion around the lagoon with a personal trainer and take in the beautiful sights. Each session will include warm up stretching and cool down stretching. \$5 for entire session. To register, [click here](#).

**Mac Os Concepts**

**Tuesdays & Thursdays, October 4 – 20, 10:30 a.m. – 12:00 p.m., Location: Room C**

**FREE ~ Class #18018**

This class assumes very little experience with Mac OS. This will be a complete class covering most aspects of Mac OS including desktop, Settings, how to manipulate windows, files, folders, creating, moving and deleting files and folders. To register, [click here](#).

**Hula 1**

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

**Cost: \$43 ~ Class #18047**

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, October 4 – 25, 12:30 p.m. – 1:20 p.m., Location: Room A**

**Cost: \$43 ~ Class #18048**

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- Transit App Training**

**Tuesday, October 4, 1:00 p.m. – 3:00 p.m., Location: Room D**

**FREE ~ Class #18124**

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 and then provide Transit App training to plan your trips on various modes of public transportation. Bring your questions! To register, [click here](#) or call 510-747-7500.



**Zumba Gold -Toning**

**Tuesdays, October 4 –25, 2:00 p.m. – 2:55 p.m., Location: Room A**

**Cost: \$33 ~ Class #18142**

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**

**Wednesdays, October 5 – 26, 9:30 a.m. – 10:30 a.m., Location: Social Hall**

**Cost: \$33 ~ Class #18068**

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 for Improvers**

**Wednesdays, October 5 – 26, 11:00 a.m. – 12:30 p.m., Location: Social Hall**

**Cost: \$33 ~ Class #15286**

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

**Good Information! Social Security Phone Fraud: Learn How to Protect Yourself**

**Wednesday, October 5, 11:00 a.m. – 12:00 p.m., Location: Room D**

**FREE ~ Class #18153**

Join William Smith, retired FBI Agent, to learn about how scammers misrepresent themselves. Learn about the Social Security Administration and what to do if you suspect someone is trying to scam you with this tactic. Families of Mastick Members also welcome to attend. To register, [click here.](#)

**Fitness with Kendra**

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

**Cost: \$39 ~ Class #18777**

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.](#)

**Creative Writing**

**Thursdays, October 6 – 27, 1:00 p.m. – 3:00 p.m., Location: Media Room**

**Cost: \$80 ~ Class #18015**

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

### **Zumba Gold**

**Thursdays, October 6 – 27, 2:00 p.m. – 2:55 p.m., Location: Social Hall**

**Cost: \$43 ~ Class #18137**

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

### **Check this out! Knowledge is Key: Know Your Medicare Rights**

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

**FREE ~ Class #18075**

A HICAP Representative will provide information about consumer protections for Medicare Beneficiaries, appeal rights for traditional Medicare and Medicare Advantage Programs, specific hospital and nursing home rights, contact information on advocacy organizations, agencies, and websites. To register, [click here](#).

### **AARP Smart Driver Course (Standard Course)**

**Wednesdays, October 12 & 19, 9:00 a.m. – 1:30 p.m., Location: Media Room**

**Cost: see details below (payable by CHECK ONLY) ~ Class #19964**

The AARP Smart Driver Course is the largest classroom driver course specifically designed for motorists age 50 and older. The Standard Course is a two day, four-hour class (eight hours total). The class is taught by a trained AARP Volunteer Instructor. Registration and payment by CHECK ONLY must be completed in the Mastick Lobby no later than two days prior to the start date of the class. Space is limited. Cost: \$20 per person for AARP members (AARP ID# required) / \$25 for non-AARP members / Free with UnitedHealthcare insurance proof.

### **Take a Look! Crimes Targeting Seniors: IRS Imposter Fraud**

**Wednesday, October 12, 11:00 a.m. – 12:00 p.m., Location: Room D**

**FREE ~ Class #18154**

Join William Smith, retired FBI Agent, to learn about IRS imposter related scams and what to do if you suspect that you are a victim of this kind of fraud. To register, [click here](#).

### **Mastick Trip: San Francisco Open Rehearsal Join us!**

**Thursday, November 3, 8:30 a.m. - 3:00 p.m.**

**Cost: \$98 ~ Class #18654**

Enjoy an open rehearsal featuring Rachmaninoff Symphonic Dances: The Spark Catchers and Piano Concerto No. 2. Conductor: Juraj Valcuha, Piano: Behzod Abduraimov. Lunch at Mockingbird Restaurant of Oakland included. Transportation included. To register, [click here](#).