

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.

Line Dancing for Absolute Beginners

Wednesdays, February 1 - 22, 9:30 a.m. – 10:30 a.m., Location: Social Hall

Cost: \$35 ~ Class #19433

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, February 1 - 22, 11:00 a.m. – 12:30 p.m., Location: Social Hall

Cost: \$35 ~ Class #19437

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.](#)

Movie Matinee

Wednesday, February 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.

LET THEM TALK (2020): COMEDY/DRAMA w/ Meryl Streep 1h 53 m (R)

A famous author goes on a cruise ship with her friends and nephew in an effort to find fun and happiness while she comes to terms with her troubled past.



Fitness with Kendra

Thursdays, February 2 - 16, 11:45 a.m. – 12:45 p.m., Location: Social Hall

Cost: \$32 ~ Class #19408

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.](#)

Zumba Gold

Thursdays, February 2 - 23, 2:00 p.m. – 2:55 p.m., Location: Social Hall

Cost: \$43 ~ Class #19513

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 easily modified for all fitness levels. To register, [click here.](#)

Mastick Movie Club

Friday, February 3, 10:00 a.m. – 12:00 p.m., Location: Zoom

FREE

Join Movie Club members for a discussion of “Groundhog Day” with Bill Murray and Andie McDowell. This is the perfect movie for February... because the day before, on February 2, in Punxsutawney, PA, people will gather to see whether the groundhog will see his shadow and how much longer they must endure winter!! You can find it on Primetime...maybe YouTube for rent. To join the discussion, email Ed Kallas, Recreation Supervisor I, at ekallas@alamedaca.gov

Train Your Brain at Elders Inn

Mondays & Wednesdays, February 6 – March 29, 10:00 a.m. – 11:00 a.m.,

Location: 1721 Webster Street

Cost: \$103 ~ Class #19501

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. No class: 2/20. To register, [click here.](#)

Line Dancing for Experienced Beginners

Mondays, February 6 – 27, 12:30 p.m. – 2:00 p.m., Location: Social Hall

Cost: \$27 ~ Class #19440

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.](#)

A Matter of Balance: Managing Concerns about Falling

Tuesdays & Thursdays, February 7 – March 2, 10:00 a.m. – 12:00 p.m., Location: Room D

FREE ~ Class #20929

Learn to control falling and overcome your fear. Practice new personal skills for safety. Exercise for better strength, balance and flexibility. Make changes to your home to reduce the risk of falling. Meet new friends in familiar community places. Get moving, stop worrying, enjoy living. Sponsored by Alameda Health System, Alice Home Care, Partners in Care Foundation and Alameda County Emergency Medical Services. No class on 2/14. To register, [click here.](#)



Hula 1

Tuesdays, February 7 – 28, 11:30 a.m. – 12:20 p.m., Location: Room A

Cost: \$43 ~ Class #19422

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.](#)

Book Club

Tuesday, February 7, 12:15 p.m., Location: Zoom

FREE

Join Book Club members and discuss The Lost Apothecary by Sarah Penner. The Absolute True Diary of a Part-Time Indian by Sherman Alexie will be reviewed on March 7. 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.

Hula 2

Tuesdays, February 7 – 28, 12:30 p.m. – 1:20 p.m., Location: Room A

Cost: \$43 ~ Class #19424

This class welcomes men and women who have danced hula previously and are familiar with more of the basic hula steps. Along with the dance you'll learn stories and a little bit of Hawaiian language. Ladies and gentlemen should wear comfortable stretch clothing to allow for ease of movements. Fun, aloha, exercise, all in one place! To register, [click here](#).

Check this out! Transportation 101 – Safe Driving with A.P.D.

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

FREE ~ Class #19506

Join Katherine "Kat" Kaldis, Paratransit Coordinator, for an overview of the various transportation options (East Bay Paratransit, AC Transit Clipper card, FREE AC Transit Bus Pass, the AIM Program, and MORE!) available to Alameda residents. Alameda Police Department will also talk about being a safe driver at any age. Bring your questions! To register, click on the link or call (510) 747-7500. Please register for this class. It will be cancelled 24 hours prior to the workshop if there are not 5 confirmed attendees. To register, [click here](#).

Zumba Gold - Toning

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

Cost: \$43 ~ Class #19517

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](#).

Fitness with Kendra

Tuesdays, February 7 – 28, 5:00 p.m. – 6:00 p.m., Location: Room A

Cost: \$39 ~ Class #21208

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](#).

Ballroom Dance

Wednesdays, February 8 - 22, 1:00 p.m. - 2:00 p.m., Location: Room A

Cost: \$18 ~ Class #20873

Dance of the Month: Cha cha! You will learn the basic steps as well as proper posture and hold. After 4 lessons you will be able to dance around the room using 5 or 6 steps. To register, [click here](#).

How Do We Tell Mom and Dad? What Do We Tell the Kids?

Thursday, February 9, 1:30 p.m. – 2:30 p.m., Location: Room D

FREE ~ Class #20311

Parents - what do you want your children to know about your decisions to downsize? How do you discuss who gets what treasures? Do they know your medical wishes? Do they know your wishes for how you wish to die and how you wish to be remembered?

Children - What do you want your parent to know about your worries? How do you make sure they are safe? Do you know if their papers are in order? Do you know what they want if they get sick? How do you ask what they want to do with their house full of stuff?

Join Tina Cole Kreitz to discuss these important matters. Please consider making a \$5 donation to Mastick in class. To register, [click here](#).

Create a Secure Future: Advance Health Care Directives
Tuesday, February 14, 10:00 a.m. – 11:00 a.m., Location: Room D
FREE ~ Class #19430

Join an LAS Representative to learn about Advanced Health Care Directives and how to complete them. Information about appointing an agent, end-of-life decision-making and POLST forms. Referrals for other planning tools, such as wills and Durable Powers of Attorney for Finance. To register [click here.](#)

Get Balanced at Waters Edge Lodge
Tuesdays & Thursdays, February 14 – May 4, 2:30 p.m. – 3:30 p.m.,
Location: 801 Island Drive
Cost: \$123 ~ Class #19415

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

Movie Matinee
Wednesday, February 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.

TRUE SPIRIT (2023): ADVENTURE/BIOGRAPHY/DRAMA w/ Anna Paquin 1h 49m
The real-life story of Australian teenager, Jessica Watson, the youngest person ever to sail solo, non-stop around the world.

Senior Connections & Resources
Wednesday, February 15, 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 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.

Teens Teaching Technology
Thursday, February 16, 4:00 p.m. – 5:00 p.m., Location: Room C
FREE~ Class #19498

This program is a collaboration between the Mastick Senior Center and the ARPD Teen Programs. Teens will assist Mastick members with their electronic devices which can include but are not limited to iPhones, Android smartphones, cell phones, tablets (iPads & Android), and laptops. To register, [click here.](#)

Ceramics for Beginning & Continuing Students
Tuesdays, February 21 – April 11, 10:00 a.m. – 12:00 p.m., Location: Skill Center
Cost: \$70 ~ Class #21047

Ceramics for beginners and continuing students. Instruction provided along with skill-building new projects and classroom support to all. Students are asked to participate in daily clean up and maintenance of tools, materials, and the classroom. Registration opens on January 30 at 9:00 a.m. To register, [click here.](#)

Hop on the Bus with Us!

**Tuesday, February 21, 1:00 p.m. – 3:00 p.m., Location: Game Room & Off-site
FREE ~ Class #19418**

Interested in improving your transit skills or gaining more experience using the AC Transit? If so, join us to learn about planning your trip on public transit, then we'll catch the bus together to explore Alameda. To register, call 510-747-7500 or [click here](#).

Diabetes Support Group

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

Ceramics for Beginning & Continuing Students

**Thursdays, February 23 – April 13, 10:00 a.m. – 12:00 p.m., Location: Skill Center
Cost: \$70 ~ Class #21110**

Ceramics for beginners and continuing students. Instruction provided along with skill-building new projects and classroom support to all. Students are asked to participate in daily clean up and maintenance of tools, materials, and the classroom. Registration opens on January 30 at 9:00 a.m. To register, [click here](#).

A Taste of Salsa

**Thursdays, February 23 – March 30, 12:15 p.m. – 1:00 p.m., Location: Room A
FREE ~ Class #21202**

Join Joy Smith, Volunteer, to learn the basics of Salsa dancing including footwork, left turn, right turn and cross-body lead. Taught on 1. Fun and 45 minutes of mild aerobic exercise is on the menu! No partner is required to participate as this is a footwork class. To register, [click here](#).



Birthday Celebration Join Us!

**Thursday, February 23, 12:30 p.m. – 1:00 p.m., Location: Courtyard
FREE**

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

Pickleball Advanced Drills

**Thursdays, February 23 – March 16, 2:00 p.m. – 3:00 p.m.
Location: Lincoln Park Pickleball Courts
Cost: \$85 ~ Class #19456**

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](#).

Qigong

Tuesdays, February 28 – April 4, 10:00 a.m. – 11:00 a.m., Location: Room A

Cost: \$59 ~ Class #19473

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 is easily modified for all fitness levels. To register, [click here](#).

Alexander Technique: Self-help for Spine and Back Health

Tuesday, Wednesday & Thursday, February 28 – March 9, 3:00 p.m. – 4:30 p.m.,

Location: via Zoom

Cost: \$93 ~ Class #19380

This class is presented online via Zoom. The Alexander Technique is a 120-year-old educational method that deals with habitual tensions that interfere with efficient posture, balance, and movement. Join Lenka Feijt, certified Alexander Technique teacher, and learn to take care of your spine and back. To register, [click here](#).

Yoga for Bone Health

Tuesdays, February 28 – April 18, 5:00 p.m. – 6:15 p.m., Location: Social Hall

Cost: \$67 ~ Class #21193

Yoga to promote bone health, based on research by Dr. Loren Fishman demonstrating that a targeted yoga practice can slow, stop, and even reverse the progress of osteopenia and osteoporosis, and prevent the development of these conditions in those who do not have them. Suitable for all levels of ability and experience with yoga. To register, [click here](#).

Pilates (In-Person & via Zoom)

Wednesdays, March 1 – April 26, 9:00 a.m. – 10:00 a.m., Location: Room A

Cost: \$68 ~ Class #19468

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](#).

Support for Caregivers

Wednesday, March 1, 9:30 a.m. – 11:30 a.m., Location: Dining Room 2

FREE ~ Class #21226

Comfort Homesake and the Alameda County Agency Area on Aging (AAA) are partnering to connect local caregivers with programs and organizations that provide public information and community education for them. Many Caregivers are unaware of what is available to them regarding care for themselves and the people they care for. Join your friends at Mastick to discover such information. Caregivers, our unsung heroes, are the backbone of community health, particularly for seniors aging in place. To register, [click here](#).

Line Dancing for Absolute Beginners

Wednesdays, March 1 - 29, 9:30 a.m. – 10:30 a.m., Location: Social Hall

Cost: \$43 ~ Class #19434

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, March 1 – April 26, 10:30 a.m. – 11:30 a.m., Location: Room A

Cost: \$68 ~ Class #19495

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.](#)

Line Dancing for Improvers

Wednesdays, March 1 - 29, 11:00 a.m. – 12:30 p.m., Location: Social Hall

Cost: \$43 ~ Class #19438

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, March 2 - April 6, 10:00 a.m. – 11:00 a.m., Location: Room A

Cost: \$59 ~ Class #21251

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 is easily modified for all fitness levels. To register, [click here.](#)

Fitness with Kendra

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

Cost: \$39 ~ Class #19409

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.](#)

Zumba Gold

Thursdays, March 2 - 30, 2:00 p.m. – 2:55 p.m., Location: Social Hall

Cost: \$53 ~ Class #19515

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 is easily modified for all fitness levels. To register, [click here.](#)

Pole Walking for Balance & Maintaining Mobility

Friday, March 3, 9:00 a.m. – 12:30 p.m., Location: Room D

Cost: \$48 ~ Class #20212

Join us to learn skills to reduce fall risk and improve your balance, endurance, walking gait, agility, function, and posture. Easy-to-learn techniques help navigate everyday obstacles. Top quality poles and special balance tips are available for use during the class. Enjoy the outdoors, connect with buddies and get great exercise! To register, [click here.](#)

Strength Training and Cardio

Fridays, March 3 – April 28, 10:45 a.m. – 11:45 a.m., Location: Room A

Cost: \$68 ~ Class #19494

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.](#)

Chair Yoga

Mondays, March 6 – April 24, 11:00 a.m. – 12:00 p.m., Location: Social Hall

Cost: \$68 ~ Class #19393

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.](#)

Hula 1

Tuesdays, March 7 - 28, 11:30 a.m. – 12:20 p.m., Location: Room A

Cost: \$43 ~ Class #19421

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.](#)

Hula 2

Tuesdays, March 7 – 28, 12:30 p.m. – 1:20 p.m., Location: Room A

Cost: \$43 ~ Class #19426

This class welcomes men and women who have danced hula previously and are familiar with more of the basic hula steps. Along with the dance, you'll learn stories and a little bit of the Hawaiian language. Ladies and gentlemen should wear comfortable stretch clothing to allow for ease of movement. Fun, aloha, exercise, all in one place! To register, [click here.](#)



Transportation 101 – Get your Clipper Card!

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

FREE ~ Class #19505

Join Katherine "Kat" Kaldis, Paratransit Coordinator, for an overview of the various transportation options (East Bay Paratransit, AC Transit Clipper card, FREE AC Transit Bus Pass, the AIM Program, and MORE!) available to Alameda residents. Do you have questions about the Clipper Card Program?

Do you need a Clipper Card? An AC Transit representative will be on-site to answer your questions and register adults age 65+ for a free senior Clipper Card. Bring a photo ID with your date of birth.

Bring your questions! Please register for this class. It will be canceled 24 hours prior to the workshop if there are not 5 confirmed attendees. To register, call 510-747-7500 or [click here.](#)

Ballroom Dance

Wednesdays, March 8 - 29, 1:00 p.m. - 2:00 p.m., Location: Room A

Cost: \$23 ~ Class #20874

Dance of the Month: Swing! You will learn the basic steps as well as proper posture and hold. After 4 lessons you will be able to dance around the room using 5 or 6 steps.

To register, [click here.](#)

Financial Assistance: How to Get Help with Health Care Costs

Tuesday, March 14, 10:00 a.m. - 11:00 a.m., Location: Room D

FREE~ Class #19449

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

AARP Smart Driving Course (Refresher Course)

Wednesday, March 15, 9:30 a.m. - 1:30 p.m., Location: Dining Room 2

Cost: \$20 per person for AARP members (AARP ID# required) / \$25 for non-AARP members / Free with United HealthCare insurance proof

The AARP Smart Driver Refresher Course is a one-day class designed as a refresher for those who have taken the standard two-day course within the last three years. The class is taught by a trained AARP Volunteer Instructor. Participants must be 50 years of age or older to attend. Advance registration and payment (by **check only** made payable to AARP) must be completed in the Mastick Lobby. If you have questions, please call 510-747-7500.

Teens Teaching Technology

Thursday, March 16, 4:00 p.m. – 5:00 p.m., Location: Room C

FREE~ Class #20259

This program is a collaboration between the Mastick Senior Center and the ARPD Teen Programs. Teens will assist Mastick members with their electronic devices which can include, but are not limited to: iPhones, Android smartphones, cell phones, tablets (iPads & Android), and laptops. To register, [click here.](#)