

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.

Check out our own Mastick Author!!

Book Meet & Greet with Paul Hauser

Tuesday, November 1, 10:00 a.m., Location: Media Room

FREE

Join us for a "meet and greet" with Paul Hauser, author of Satellite. "His novel will remind you of how many Americans are going about their business without a clue of what is happening overhead." Seating is limited. To register, call 510-747-7500 or stop by the Mastick Lobby. Those in attendance will receive a free signed copy of his book!

Aloha! Hula 1

Tuesdays, November 1 – 15, 11:30 a.m. – 12:20 p.m., Location: Room A

Cost: \$33 ~ Class #18046

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, November 1, 12:15 p.m., Location: Zoom

FREE

Join Book Club members and discuss The Murder of Roger Ackroyd by Agatha Christie. The Rise and Fall of an American Dynasty by Anderson Cooper and Katherine Howe will be reviewed on December 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.

Hula 2

Tuesdays, November 1 - 15, 12:30 p.m. – 1:20 p.m., Location: Room A

Cost: \$33 ~ Class #18050

If you have previously danced hula 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](#).

Zumba Gold -Toning

Tuesdays, November 1, 8 & 29, 2:00 p.m. – 2:55 p.m., Location: Social Hall

Cost: \$33 ~ Class #18143

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.](#)

Evening Classes NOW Available at Mastick!!

New!! Fitness with Kendra New!!

Tuesdays, November 1 - 29, 5:00 p.m. – 6:00 p.m., Location: Room A

Cost: \$39 ~ Class #20031

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. No class: 11/22. To register, [click here.](#)

New!! Yoga for Bone Health New!!

Tuesdays, November 1 – December 20, 5:00 p.m. – 6:15 p.m., Location: Social Hall

Cost: \$59 ~ Class #20032

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. No class: 11/22. To register, [click here.](#)

Line Dancing for Absolute Beginners

Wednesdays, November 2 - 30, 9:30 a.m. – 10:30 a.m., Location: Social Hall

Cost: \$33 ~ Class #18069

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. No class: 11/23. To register, [click here.](#)

Line Dancing for Improvers

Wednesdays, November 2 - 30, 11:00 a.m. – 12:30 p.m., Location: Social Hall

Cost: \$33 ~ Class #18064

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. No class: 11/23. To register, [click here.](#)



Movie Matinee

Wednesday, November 2, 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. Free popcorn is available. Space is limited.

CONCRETE COWBOY (2020): DRAMA/WESTERN w/ Idris Elba 1h 51 m (R)

Sent to live with his estranged father for the summer, a rebellious teen finds kinship in a tight-knit Philadelphia community of Black cowboys.

Yoga with Dina

Thursdays, November 3 – December 22, 10:00 a.m. – 11:15 a.m., Location: Social Hall

Cost: \$59 ~ Class #18135

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. No class: 11/24. To register, [click here.](#)

Fitness with Kendra

Thursdays, November 3 – December 1, 11:45 a.m. – 12:45 p.m., Location: Social Hall

Cost: \$39 ~ Class #18778

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. No class: 11/24. To register, [click here.](#)

Creative Writing

Thursdays, November 3 – 17, 1:00 p.m. – 3:00 p.m., Location: Media Room

Cost: \$60 ~ Class #18016

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, November 3 - 17, 2:00 p.m. – 2:55 p.m., Location: Social Hall

Cost: \$33 ~ Class #18139

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, November 4, 10:00 a.m. – 12:00 p.m., Location: Zoom

FREE

Join Movie Club members for a discussion of “The Greatest Beer Run Ever,” starring Zac Efron, Russell Crowe, Bill Murray and Viggo Mortensen. In 1967, John “Chickie” Donohue leaves New York to track down his army buddies in Vietnam and share a few beers with them, but instead is confronted with the horrors of the war. The movie is based on a book written by “Chickie” with entries from all the men to whom he brought beer. To join the discussion, email Ed Kallas, Recreation Supervisor I, at ekallas@alamedaca.gov

Line Dancing for Returning Beginners

Mondays, November 7 - 28, 12:30 p.m. – 2:00 p.m., Location: Social Hall

Cost: \$33 ~ Class #18059

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](#).

Learn about your Transportation Options before you have to learn about them.

Transportation 101

Tuesday, November 8, 1:00 p.m. – 3:00 p.m., Location: Room D

FREE ~ Class #18125

Join Katherine "Kat" Kaldis, Paratransit Coordinator, in this interactive workshop and learn about the various transportation options (East Bay Paratransit, AC Transit Clipper Card, Alameda FREE AC Transit Bus Pass, the AIM Program, and MORE!) available to Alameda residents. Bring your transportation questions! To register, [click here](#) or call 510-747-7500.

Medicare Annual Enrollment Period (10/15 – 12/7) Changes 2023

Tuesday, November 8, 10:00 a.m. – 11:00 a.m., Location: Room D

FREE ~ Class #18076

Learn information on upcoming changes to the Medicare Prescription Drug Plan (Part D) and Medicare Advantage Plan (Part C); and an overview of eligibility, costs, benefits, changes to Medicare Parts A and B, options for supplementing Medicare and getting help with medical costs. To register, [click here](#).

Pilates (In-Person & via Zoom)

Wednesdays, November 9 – December 21, 9:00 a.m. – 10:00 a.m., Location: Room A

Cost: \$51 ~ Class #18095

Pilates is designed to develop muscular strength and tone core area. Controlled breathing and proper body alignment are key to achieve core and muscle balance. The session is varied to cover all core areas, legs, glutes and arms and includes standing, sitting, and lying down positions. Prepare for class by having a yoga-type mat, comfortable clothing, a water bottle and dumbbells (not required). No class: 11/23. To register, [click here](#).

Strength Training and Cardio

Wednesdays, November 9 – December 21, 10:30 a.m. – 11:30 a.m., Location: Room A

Cost: \$51 ~ Class #18517

Move to 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. No class: 11/23. To register, [click here](#).

Crimes Targeting Seniors: Charity Fraud

Wednesday, November 9, 11:00 a.m. – 12:00 p.m., Location: Room D

FREE ~ Class #18156

Join William Smith, retired FBI Agent, to learn about charity related scams, what to do if you are contacted by a scammer, and things to do before you donate. To register, [click here](#).

Mark this date on your calendar!

1st Day of Registration for Mastick Winter/Spring 2022/23 Programs

Monday, November 14, 9:00 a.m.

Winter/Spring 2022/23 classes are here! Visit www.alamedaca.gov/recreation, call 510-747-7500, or come early to the Mastick Senior Center to register for Mastick and all Alameda Recreation and Park Department programs.

Strength Training and Cardio

Mondays, November 14 – December 19, 9:30 a.m. – 10:30 a.m., Location: Room A

Cost: \$51 ~ Class #18516

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, November 14 – December 19, 11:00 a.m. – Noon. Social Hall

Cost: \$51 ~ Class #18160

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.](#)

Thriving with Parkinson's at Waters Edge Lodge

Tuesdays & Thursdays, November 15 – January 17, 11:00 a.m. – 12:00 p.m.

Location: 801 Island Drive

Cost: \$83 ~ Class #18120

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. No class: 11/24, 12/27 & 12/29. To register, [click here.](#)

Hop on the Bus with Us!

Tuesday, November 15, 1:00 p.m. – 3:00 p.m.,

Location: Game Room & Off-site

FREE ~ Class #18042



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, and then we'll catch the bus together to explore Alameda. To register, call 510-747-7500 or [click here.](#)

Diabetes Support Group

Wednesday, November 16, 10:00 a.m. – 12:00 p.m., Location: Room E

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, please call 510-747-7500.

Senior Connections & Resources

Wednesday, November 16, 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.



Birthday Celebration **Join Us!**

Thursday, November 17, 12:30 p.m., Location: Courtyard

FREE

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

Music Appreciation

Thursday, November 17, 1:30 p.m. – 2:30 p.m., Location: Dining Room 2

FREE

"Musical Grab-Bag" A sampling from all of our classes this year. Join Bill Strum for discussion and piano performance. No registration required.

Teens Teaching Technology (Seniors)

Thursday, November 17, 4:00 p.m. – 5:00 p.m., Location: Room C

FREE~ Class #18119

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



Movie Matinee

Wednesday, November 16, 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. Free popcorn is available. Space is limited.

ELVIS (2022): BIOGRAPHY/DRAMA/MUSIC w/ Tom Hanks 2h 39 m (PG-13)

The life of American music icon Elvis Presley, from his childhood to becoming a rock and movie star in the 1950s while maintaining a complex relationship with his manager, Colonel Tom Parker.

Train Your Brain at Elders Inn

Mondays and Wednesdays, November 28 – January 25, 10:00 a.m. – 11:00 a.m.,

Location: 1721 Webster Street

Cost: \$103~ Class #18122

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: 12/26 - 12/28. To register, [click here](#).

Transportation 101

Tuesday, November 29, 1:00 p.m. – 3:00 p.m., Location: Room D

FREE ~ Class #18126

Join Katherine "Kat" Kaldis, Paratransit Coordinator, for an overview of the various transportation options (East Bay Paratransit, AC Transit Clipper Card, Alameda FREE AC Transit Bus Pass, the AIM Program, and MORE!) available to Alameda residents. Bring your transportation questions! To register, [click here](#) or call 510-747-7500.

Creative Writing

Thursdays, December 1 – 29, 1:00 a.m. – 3:00 p.m., Location: Media Room

Cost: \$80 ~ Class #18017

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. No class: 12/22. To register, [click here](#).

Pickleball Intermediate Drills

Thursdays, December 1 – 22, 1:00 p.m. – 2:00 p.m.

Location: Lincoln Park Pickleball Courts

Cost: \$85 ~ Class #18556

Improve your game and sharpen your skills! Enjoy drills designed to benefit the intermediate level player. Designed and run by Marcia Neishi, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association. No class on 11/24. To register, [click here](#).

Pickleball Advanced Drills

Thursdays, December 1 – 22, 2:00 p.m. – 3:00 p.m.

Location: Lincoln Park Pickleball Courts

Cost: \$85 ~ Class #18557

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](#).

Zumba Gold

Thursdays, December 1 - 15, 2:00 p.m. – 2:55 p.m., Location: Social Hall

Cost: \$33 ~ Class #18138

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](#).

Line Dancing for Returning Beginners

Monday, December 5 - 19, 12:30 p.m. – 2:00 p.m., Location: Social Hall

Cost: \$25 ~ Class #18060

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](#).

Introduction to iPhone and iPad

**Tuesday and Thursday, December 6 - 15, 10:30 a.m. – 12:00 p.m, Location: Room C
FREE ~ Class #20363**



No experience with the iPhone or iPad required. Class will cover the basics of the iPhone and the iPad. Topics include: getting familiar with the devices' various buttons and functions, connecting to Wi-Fi, downloading and organizing apps, keyboard techniques, texting, email, using the Calendar and the Control Center. The second phase of the class will cover more advanced topics and functions of the iPhone and iPad. Topics covered will include; many of the more popular apps, how to adapt the device to your use using Settings, an explanation of the Cloud and iCloud.

Once full, students on the wait list may attend via Zoom. The instructor will send wait listed students The Zoom Connect information at least one day prior to the first meeting

To register, [click here.](#)

Qigong

**Tuesdays, December 6 – January 10, 10:00 a.m. – 11:00 a.m., Location: Room A
Cost: \$50 ~ Class #17134**

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. No class: 12/27. To register, [click here.](#)

Hula 1

**Tuesdays, December 6 - 27, 11:30 a.m. – 12:20 p.m., Location: Room A
Cost: \$33 ~ Class #18565**

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! No class: 12/27. To register, [click here.](#)

Hula 2

**Tuesdays, December 6- 27, 12:30 p.m. – 1:20 p.m., Location: Room A
Cost: \$33 ~ Class #18648**

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! No class: 12/27. To register, [click here.](#)

Hop on the Bus with Us!

**Tuesday, December 6, 1:00 p.m. – 3:00 p.m., Location: Lobby
FREE ~ Class #18043**

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, and then we'll catch the bus together to explore Alameda. To register, call 510-747-7500 or [click here.](#)

Zumba Gold (Toning)

Tuesday, December 6 - 20, 2:00 p.m. – 2:55 p.m., Location: Social Hall

Cost: \$33 ~ Class #18144

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

Tuesday, December 6 - 20, 5:00 p.m. – 6:00 p.m., Location: Social Hall

Cost: \$32 ~ Class #20128

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.](#)

Line Dancing for Absolute Beginners

Wednesdays, December 7 - 28, 9:30 a.m. – 10:30 a.m., Location: Social Hall

Cost: \$33 ~ Class #18070

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.](#)

Crimes Targeting Seniors: Online Dating Scams

Wednesday, December 7, 11:00 a.m. – 12:00 p.m., Location: Room D

FREE ~ Class #18155

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

Line Dancing for Improvers

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

Cost: \$33 ~ Class #18065

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.](#)

Fitness with Kendra

Thursdays, December 8 - 22, 11:45 a.m. – 12:45 p.m., Location: Social Hall

Cost: \$32 ~ Class #18779

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.](#)



Birthday Celebration **Join Us!**

Thursday, December 8, 12:30 p.m. – 1:00 p.m., Location: Dining Room 2

FREE

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

Scams Targeting Older Veterans: Avoid & Get Help

**Tuesday, December 13, 10:00 a.m. – 11:00 a.m., Location: Room D
FREE ~ Class #15288**

Join an LAS Representative to learn about common scams targeting veterans. Review case studies of scams that have been used in the past. Learn how to spot "red flags" before it's too late. Learn about resources to report and get help when one comes across a scam. To register, [click here.](#)

Teens Teaching Technology (Seniors)

**Thursday, December 15, 4:00 p.m. – 5:00 p.m., Location: Room C
FREE~ Class #18647**

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

Diabetes Support Group

**Wednesday, December 21, 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, please call 510-747-7500.