

March 2024 ~ 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.

Diabetes Support Group Fourth Wednesday of each month, March 27, 10:00 a.m. – 12:00 p.m. Location: Dining Room 2 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, call 510-383-5185. To join this group, call 510-747-7500.

<u>Knitting Circle</u> Wednesdays, ongoing, 1:00 p.m. – 3:00 p.m., Location: Room B FREE

Share projects, conversation, and fun! No instruction, however, beginners are welcome and will be supported. No registration required.

French Conversation - Intermediate Fridays, ongoing, 11:10 a.m. – 12:00 p.m., Location: Room E FREE ~ Class #24335

Ongoing French conversation group. Basic knowledge of the French language is required. To register, **click here.**

German Reading and Conversation – Intermediate Fridays, ongoing, 10:00 a.m. - 12:00 p.m., Location: via Zoom FREE

This group focuses on practicing intermediate German reading and conversation. To register, contact Morace McKay at mmckay@alamedaca.gov.

German Conversation Club Mondays, ongoing, 1:00 p.m. – 3:00 p.m., Location: Media Room FREE

Share knowledge, conversation, and fun! No instruction, advanced and intermediate speakers are welcome. No registration required.

Italian Conversation

Fridays, ongoing, 10:00 a.m. – 11:30 a.m., Location: Room D FREE ~ Class #24337

Ongoing Italian conversation group who meets to practice language skills. Participants should have a basic understanding of Italian. The group generally reads beginner and advanced beginner books. There is little to no formal instruction. To register, <u>click here.</u>

The Great American Song Book Second Wednesday of each month, March 13, 1:30 p.m. – 3:00 p.m. Location: Dining Room 2 FREE

Join pianist Glenn Fong for a musical journey! No registration required, simply join on the 2nd Wednesday of the month.

Alameda Stamp Club

Second Thursday of each month, March 14, 1:00 p.m. – 3:00 p.m., Location: Room D FREE ~ Class #24481

The Alameda Stamp Club was established in 1947. Join the group of stamp or philatelic collectors. Members will help you get started collecting or refresh your collection. If you have an inherited collection, the club will help you manage it. The club is experienced at answering related questions and directing you to the correct resources. Stamp collecting is the hobby of kings, join in or drop by to experience it for yourself. To register, click here.

Alameda Sings! (Alameda Community Chorus- ACC) Mondays, January 22 – May 6, 7:00 p.m. – 9:00 p.m., Location: Dining Room 2 Cost: \$158 ~ Class #24108

Alameda Sings! (Alameda Community Chorus) is a community chorus open to all singers ages 16 and up. No auditions. Rehearsals at Mastick Senior 7:00 PM Mondays. Two concerts per year, Spring and Autumn. Spring performance will be on April 27, 2024...venue to be determined. No meeting on 2/19. To register, click here.

Fitness For Life: Personalized Fitness Training Friday, March 1, 8:30 a.m. – 11:30 a.m., Location: Social Hall Cost: \$68 ~ Class #23902

Start the year off with focus on health and fitness. How can you achieve best results with the least amount of time and effort? In this small group session, you will have the opportunity to address your individual issues and goals. Whether it is fall prevention, pain management, joint health, balance, endurance, strength, flexibility or just accomplishing everyday tasks more easily. This program is **FREE** for **veterans**! If you are a veteran, you must register for the class and also register at: https://www.sierraclub.org/loma-prieta/military-outdoors. To register for the class, **click here**.

Strength Training and Cardio Fridays, March 1 – April 26, 10:45 a.m. – 11:45 a.m., Location: Room A

Cost: \$71 ~ Class #24037

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. No class 4/12. To register, <u>click</u> <u>here.</u>

Zumba Gold with Mel Snell

Fridays, March 1 – March 29, 10:30 a.m. – 11:30 a.m., Location: AP Gym Cost: \$43 ~ Class #25236

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. No Class 3/8. To register, <u>click here.</u>

Chair Yoga

Mondays, March 4 - April 29, 11:00 a.m. – 12:00 p.m., Location: Social Hall Cost: \$71 ~ Class #24030

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. No class on 4/8. To register, **click** here.

Fitness for Seniors! Balance, Mobility & Stability Mondays, March 4 – April 29, 12:15 p.m. – 1:05 p.m., Location: Room A

Cost: \$71 ~ Class #24449

Join fellow seniors in a safe and welcoming environment to feel safe when moving from place to place. Practice gentle movements which will help improve your balance, mobility and stability. After taking this class you'll be able to sit and stand easier. Taking this class may also decrease your probability of falling and prevent injury. To register, **click here.**

Line Dancing for Returning Beginners

Mondays, March 4 - March 18, 12:30 p.m. – 2:00 p.m., Location: Social Hall Cost: \$27 ~ Class #23883

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**.

Book Club Tuesday, March 5, 12:15 p.m., Location: Zoom FREE

Join Book Club members and discuss <u>Vinegar Girl</u> by Anne Tyler. To join the discussion, email Daria Nyberg, Administrative Assistant, at <u>dnyberg@alamedaca.gov</u>. Mastick has a limited supply of each book available for lending. If interested, call 510-747-7500.

Cyber Security

Tuesdays & Thursdays, March 5 – March 12, 10:30 a.m. – 12:00 p.m., Location: Room C FREE ~ Class #24296

Cyber security has become one of the most important topics in the computer industry. Some very simple techniques can be used to help protect your information like password management and social engineering. These topics and more will be covered in class. To register, <u>click here</u>.

Tai Chi Dance Fitness with Mel

Tuesdays, March 5 – March 26, 10:30 a.m. – 11:30 a.m., Location: Social Hall Cost: \$43 ~ Class #25210

Embark on a rejuvenating journey...Immerse yourself in gentle yet invigorating movements, seamlessly blending the ancient mind-body practice of Tai Chi with the joy of dance, informed by infectious music of various styles. Experience improved balance, flexibility, mobility, strength, cardiovascular health and overall physical and mental well-being. Tai Chi is especially beneficial for easing pain and stiffness of arthritis. The class is low impact and can be done standing or sitting in a chair. No experience or equipment needed. Our supportive community welcomes you to make Tai Chi Dance part of your vibrant journey to wellness! To register, click here.

Hula 1

Tuesdays, March 5 – March 26, 11:30 a.m. – 12:20 p.m., Location: Room A Cost: \$43 ~ Class #24730

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.

Zumba Gold Toning

Tuesdays, March 5 - March 26, 2:00 p.m. – 2:55 p.m., Location: Social Hall Cost: \$43 ~ Class #24085

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, <u>click</u> <u>here</u>.

Pilates (In-Person & via Zoom)

Wednesdays, March 6 – April 24, 9:00 a.m. – 10:00 a.m., Location: Room A Cost: \$63 ~ Class #24033

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. No class on 4/10. To register, click here.

Line Dancing for Absolute Beginners

Wednesdays, March 6 - March 20, 9:30 a.m. - 10:30 a.m., Location: Social Hall Cost: \$27 ~ Class #23875

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, <u>click here</u>.

Strength Training and Cardio

Wednesdays, March 6 – April 24, 10:30 a.m. – 11:30 a.m., Location: Room A

Cost: \$63 ~ Class #24035

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. No Class on 4/10. To register, <u>click</u> here.

Line Dancing for High Beginners

Wednesdays, March 6 – March 20, 11:00 a.m. – 12:30 p.m., Location: Social Hall

Cost: \$27 ~ Class #23879

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, <u>click here.</u>

Movie Matinee

March 6, 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.

6 — THE GREAT DEBATERS (2007)

BIOGRAPHY/DRAMA/ROMANCE

Starring Denzel Washington and Forest Whittaker 2h 6m (PG-13)

A drama based on the true story of Melvin B. Tolson, a professor at Wiley College, Texas. In 1935, he inspired students to form the school's first debate team, which went on to challenge Harvard in the national championship.

Fitness with Kendra

Thursdays, March 7 – March 28, 11:45 a.m. - 12:45 p.m., Location: Social Hall Cost: \$39 ~ Class #24214

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. Chairs and weights are provided. To register, <u>click here.</u>

Zumba Gold

Thursdays, March 7 – March 28, 2:00 p.m. – 3:00 p.m., Location: Social Hall Cost: \$43 ~ Class #24088

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, reggae ton, 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.

Alexander Technique: Better Ways to Sit, Stand and Move Tue/Wed/Thurs, March 12 – March 14, 10:00 a.m. - 11:30 a.m., Location: Dining Room 2 Cost: \$48 ~ Class #23999

Are you moving to the best of your ability? Join Ms. Lenka Fejt, Alexander Technique Teacher, B.S. in Kinesiology, and find out how to improve any movement with the Technique's principles. To register, click here.

Consumer Fraud: Scams Targeting Seniors, Tips for Protection Tuesday, March 12, 10:00 a.m. – 11:00 a.m., Location: Media Room FREE ~ Class #24324

Join a HICAP Representative to learn about common scams and forms of fraud, gain practical tips on how to recognize scams and protect yourself, and receive referral sources such as where to report fraud and get help. To register, <u>click here.</u>

Internet Fraud Wednesday, March 13, 11:00 a.m. – 1:00 p.m., Location: Room D FREE ~ Class #24007

Join William Smith, retired FBI Agent, to learn how scammers provide incorrect information over the internet in order to commit identity theft and trick people out of their money. Learn common types of internet fraud and why seniors and others fall for these scams. To register, <u>click here.</u>

Teens Teaching Technology Thursday, March 14, 4:00 p.m. – 5:00 p.m., Location: Room C FREE~ Class #24519

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.

Pole Walking for Veterans Friday, March 15, 9:00 a.m. – 12:00 p.m., Location: Social Hall FREE ~ Class #23903

Sierra Club Military Outdoors special program enables us to offer Pole Walking for Exercise and Maintaining Mobility training FREE to veterans and their family members. Learn skills to reduce fall risk and improve your balance, endurance, gait, posture, strength, and spine function. Easy-to-learn techniques help navigate everyday obstacles. Quality poles provided for your use. More info and registration (required) at www.sierraclub.org/loma-prieta/military-outdoors. All participants must also register with Alameda Recreation and Parks by calling 510-747-7500.

Movie Matinee

Wednesday, March 20, 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.

20 — PRISCILLA (2023)

BIOGRAPHY/DRAMA/MUSIC

Starring Cailee Spaeny and Jacob Elordi 1h 53m (R)

When teenage Priscilla Beaulieu meets Elvis Presley at a party, he is already a rock-and-roll superstar. Through Priscilla's eyes we see the secret side of a real American myth, in their long courtship and turbulent marriage.

Mastick Speaker Series

Wednesday, March 20, 1:00 p.m. – 3:00 p.m., Location: Media Room FREE ~ Class #26524

Mastick will host a series of presentations on a wide range of topics designed to benefit senior citizens. Speakers will bring a compassionate look at creating generational wealth, health and home care options, downsizing if needed, community information and questions and answers on many points of interest. **March Speakers**: Stephen Zimmerman of AEC Living and Andrew Slakey of Visiting Angels will present. Both bring years of experience to answer all of your elder care needs. Explore the many options for seniors, as the world gets bigger every day. Bring your questions! To register, **click here**.

Pickleball: Drop on By...Work On Your Drop Shot Monday, March 25, 12:30 p.m. – 2:00 p.m. Location: Leydecker Park Courts Cost: \$29 ~ Class #24779

A 90 minute clinic to perfect your drop shot along with technique to do it! Designed and run by Marcia Neishi, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association. To register, **click here.**

Social Security Fraud Wednesday, March 27, 11:00 a.m. – 1:00 p.m., Location: Room D FREE ~ Class #24008

Join William Smith, retired FBI Agent, to learn the scope of the problem, why seniors are targeted, types of social security email and phone scams, and how they are committed. To register, click here.

Pickleball: Beyond the Basics
Thursdays, March 28 - April 18, 11:00 a.m. - 12:30 p.m.
Location: Leydecker Park Courts
Cost: \$113 ~ Class #24783

Improve your game and sharpen your skills! Enjoy drills designed to benefit the advanced beginner/intermediate player. Learn more effective dinking, volleying and 'the 3rd shot'. Designed and run by Marcia Neishi, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association. To register, click here.

Pickleball Intermediate Drills

Thursdays, March 28 – April 18, 1:00 p.m. – 2:00 p.m.

Location: Leydecker Park Courts Cost: \$85 ~ Class #24784

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. To register, <u>click</u> <u>here.</u>

Pickleball Advanced Drills

Thursdays, March 28 - April 18, 2:00 p.m. - 3:00 p.m.

Location: Leydecker Park Courts

Cost: \$85 ~ Class #24785

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.

March Birthday Celebration Join Us!

Thursday, March 28, 12:30 p.m. – 1:00 p.m., Location: Courtyard/Dining Room 2

FREE

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



Music Appreciation Jazz Nocturne: Dana Suesse (1909 -1987) Thursday, March 28, 1:30 p.m., Location: Dining Room 2 FREE

Join Bill Sturm, Volunteer, for a discussion and piano performance of one America's great composers of the Jazz Age.

Pickleball: Don't be a "Fool"... Be a GOOD Partner!

Monday, April 1, 12:30 p.m. – 2:00 p.m.

Location: Leydecker Park Courts

Cost: \$29 ~ Class #24780

Learn how to be a supportive partner. Designed and run by Marcia Neishi, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association. To register, click here.

Line Dancing for Returning Beginners

Mondays, April 1 - April 29, 12:30 p.m. – 2:00 p.m., Location: Social Hall Cost: \$43 ~ Class #23884

Designed for beginners and returning beginners who have experience with basic steps and want to continue learning more steps and dances. To register, <u>click here</u>.

Tai Chi Dance Fitness with Mel Tuesdays, April 2 – April 30, 10:30 a.m. – 11:30 a.m., Location: Social Hall Cost: \$43 ~ Class #25230

Embark on a rejuvenating journey...Immerse yourself in gentle yet invigorating movements, seamlessly blending the ancient mind-body practice of Tai Chi with the joy of dance, informed by infectious music of various styles. Experience improved balance, flexibility, mobility, strength, cardiovascular health and overall physical and mental well-being. Tai Chi is especially beneficial for easing pain and stiffness of arthritis. The class is low impact and can be done standing or sitting in a chair. No experience or equipment needed. Our supportive community welcomes you to make Tai Chi Dance part of your vibrant journey to wellness! To register, click here.

Hula 1

Tuesdays, April 2 – April 30, 11:30 a.m. – 12:20 p.m., Location: Room A Cost: \$53 ~ Class #24731

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, April 2 – April 30, 11:30 a.m. – 12:20 p.m., Location: Room A Cost: \$53 ~ Class #25829

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 movement. Fun, aloha exercise all in one place! To register, click here.

Zumba Gold Toning

Tuesdays, April 2 - April 30, 2:00 p.m. – 2:55 p.m., Location: Social Hall Cost: \$53 ~ Class #24086

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, <u>click</u> here.

Line Dancing for Absolute Beginners

Wednesdays, April 3 – April 24, 9:30 a.m. – 10:30 a.m., Location: Social Hall Cost: \$35 ~ Class #23876

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 High Beginners

Wednesdays, April 3 – April 24, 11:00 a.m. – 12:30 p.m., Location: Social Hall Cost: \$35 ~ Class #23880

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**.

Zumba Gold

Thursdays, April 4 – April 25, 2:00 p.m. – 3:00 p.m., Location: Social Hall Cost: \$33 ~ Class #24091

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, reggae ton, 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. No class on 4/18. To register, click here.

Zumba Gold with Mel Snell

Fridays, April 5 – April 26, 10:30 a.m. – 11:30 a.m., Location: AP Gym

Cost: \$27 ~ Class #25238

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, reggae ton, 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. No class 4/12. To register, click here.

Pickleball: Transition Zone

Monday, April 8, 12:30 p.m. – 2:00 p.m. Location: Leydecker Park Courts

Cost: \$29 ~ Class #24782

Learn how to survive and conquer in this key part of the court. Designed and run by Marcia Neishi, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association. To register, <u>click here.</u>

Free Preventative Benefits: What Medicare Covers in Full Tuesday, April 9, 10:00 a.m. – 11:00 a.m., Location: Room D FREE ~ Class #24325

Join a HICAP Representative for a brief overview of the Medicare program. Benefits covered in full under Medicare Part B. Difference between free preventative benefits from diagnostic care (not covered in full). Eligibility for low-income assistance programs. Review ways to report Medicare fraud and abuse. To register, click here.

Qigong

Tuesdays, April 9 – May 14, 10:00 a.m. – 11:00 a.m., Location: Room A Cost: \$59 ~ Class #23939

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**.

IRS Fraud

Wednesday, April 10, 11:00 a.m. – 1:00 p.m., Location: Room D FREE ~ Class #24009

Join William Smith, retired FBI Agent, to learn about IRS Imposter scams, types of IRS scams, What the IRS will and won't do, and what to do if you receive a suspicious call or email from the IRS. To register, click here.

Qigong

Thursdays, April 11 – May 16, 10:00 a.m. – 11:00 a.m., Location: Room A Cost: \$59 ~ Class #24969

Designed for more seasoned Qigong students or those who have taken Qigong previously at Mastick or somewhere else. We will review and practice everything learned in Robert Dorsett's Tuesday class, refine those exercises, and add more, as time permits. To register, <u>click here</u>.

Pickleball: Party at the Net
Monday, April 15, 12:30 p.m. – 2:00 p.m.
Location: Leydecker Park Courts
Cost: \$29 ~ Class #24781

Learn how to be a supportive partner. Designed and run by Marcia Neishi, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association. To register, <u>click here.</u>

<u>Transportation 101 & Clipper Card for Seniors</u> Thursday, April 18, 1:00 p.m. – 3:00 p.m., Location: Room D FREE ~ Class #24880

Join Katherine "Kat" Kaldis, Paratransit Coordinator, to learn about the various transportation options (East Bay Paratransit, AC Transit Clipper card, Free AC Transit Bus Passes, the AIM Program, and MORE!) available to Alameda residents. Do you need a Clipper Card or have questions about Clipper Cards? Kim Ridgeway, a representative from AC Transit, will also be there to answer your Clipper Card questions. If you plan to receive a Senior Clipper Card, you must present an ID with your birthday to verify that you are age 65+. Please register for this class in advance to avoid cancellation. There must be five confirmed attendees. To register, click here.

Teens Teaching Technology
Thursday, April 18, 4:00 p.m. – 5:00 p.m., Location: Room C
FREE~ Class #24520

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.

Mastick Trips

Mastick Trip: Neil Diamond Experience/Shopping in Livermore!
Sunday, April 21, 11:00 a.m. – 5:30 p.m., Location: Livermore Shops and Art Center
Cost: \$65 ~ Class #24312

Enjoy The Shops on First Street in Livermore on your own. Then, thrill to the sounds of the Neil Diamond Experience! To register, <u>click here</u>.