



April 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, April 24, 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, call 510-383-5185. To join this group, call 510-747-7500.

Sewing Workshop

Wednesdays, ongoing, 9:00 a.m. – 1:00 p.m., Location: Room B

FREE

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

Knitting Circle

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: Zoom

FREE

This group focuses on practicing intermediate German reading and conversation. To register, contact Daria Nyberg at dnyberg@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 formal instruction. Advanced and intermediate speakers are welcome. No registration required.

Italian Conversation

Fridays, ongoing, 10:00 a.m. – 12:30 p.m., Location: Room D

FREE ~ Class #24337

Ongoing Italian conversation group 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, [click here](#).

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

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

Location: Lincoln 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, [click here](#).

Tai Chi Dance Fitness with Mel

Tuesdays, April 2 – April 30, 10:45 a.m. – 11:45 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! No class 4/9. To register, [click here](#).

Book Club

Tuesday, April 2, 12:15 p.m., Location: Zoom

FREE

Join Book Club members on Tuesday, April 2 and discuss Cast: The Origins of Our Discontents by Isabel Wilkerson. On Tuesday, May 7, The Clock Winder by Anne Tyler will be discussed. To join the discussion, contact Daria Nyberg at dnyberg@alamedaca.gov. Mastick has a limited supply of each book available for lending. If interested, call 510-747-7500.

Zumba Gold Toning

Tuesdays, April 2 - April 30, 2:00 p.m. – 2:55 p.m., Location: Social Hall

Cost: \$43 ~ 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. No class 4/9. To register, [click 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](#).

Movie Matinee

April 3, 12:30 p.m. – 2:30 p.m., Location: Dining Room 2

FREE



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

3 — BARBIE (2023)

ADVENTURE/COMEDY/FANTASY

Starring Margot Robbie and Ryan Gosling 1h 54m (PG-13)

Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among humans.

Fitness with Kendra

Thursdays, April 4 and April 25, 11:45 a.m. - 12:45 p.m., Location: Social Hall

Cost: \$21 ~ Class #24215

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. No class on 4/11 and 4/18. 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 that recreates the original moves you love at a lower intensity. The formula is 70% Latin music and 30% anything else. A typical class features merengue, salsa, cha-cha, reggaeton, bachata, samba, soca, hip-hop, belly dance and bhangra. Get moving and have fun! No dance experience, exercise equipment or running required. No class on 4/11 and 4/18. To register, [click here](#).

Pickleball: Transition Zone
Monday, April 8, 12:30 p.m. – 2:00 p.m.
Location: Lincoln Park Courts
Cost: \$29 ~ Class #24782

Learn how to survive and conquer 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, [click here.](#)

The Great American Song Book
Second Wednesday of each month, April 10, 1:00 p.m. – 3:00 p.m.
Location: Dining Room 2
FREE

Join pianist Glenn Fong for a musical journey! No registration required. Drop in and enjoy!

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, [click here.](#)

Alameda Stamp Club
Second Thursday of each month, April 11, 1:00 p.m. – 3:00 p.m., Location: Room D
FREE ~ Class #24481

Join the Alameda Stamp Club, a group of stamps or philatelic collectors, established in 1947. 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.](#)

Spanish Beginning

Mondays, April 15 – May 20 1, 9:00 a.m. – 10:00 a.m., Location: Room D

Cost: \$50 ~ Class #26674

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

Spanish Conversation

Mondays, April 15 – May 20, 10:30 a.m. – 11:45 a.m., Location: Room D

Cost: \$50 ~ Class #26675

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

Pickleball: Party at the Net

Monday, April 15, 12:30 p.m. – 2:00 p.m.

Location: Lincoln 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, [click here.](#)

Movie Matinee

Wednesday, April 17, 12:30 p.m. – 2:30 p.m., Location: Dining Room 2

FREE



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

17 — NYAD (2023)

BIOGRAPHY/DRAMA/SPORT

Starring Annette Bening and Jodie Foster 2h 1m (PG-13)

The remarkable true story of athlete Diana Nyad who, at the age of 60 and with the help of her best friend and coach, commits to achieving her life-long dream: a 110-mile open ocean swim from Cuba to Florida.

Mastick Speaker Series

Wednesday, April 17, 1:00 p.m. – 3:00 p.m., Location: Media Room

FREE ~ Class #26670

- **April Speakers:**

Jennifer Ott, Alameda City Manager

Adriana Mendez, Sensational Seniors

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

Senior Connections
Stages of Life/Caregiving 101

Wednesday, April 17, 1:00 p.m. – 2:00 p.m., Location: Room D
FREE

The Senior Connections Program is inspired to make a difference in the everyday lives of seniors, providing information, resources, and case management services to seniors 50 and over. This program is made possible by Alameda Family Services and funded in part by the Mastick Senior Center Advisory Board. No registration required. If you have questions, please call 510-747-7505.

Transportation 101 & Clipper Card for Seniors
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](#).

Retro Dance Fitness with Mel
Fridays, April 19 and April 26, 10:30 a.m. – 11:30 a.m., Location: Social Hall
Cost: \$23 ~ Class #26673

Have fun and move your body in this low impact dance class designed for seniors! The hour flies by as we experience the joy of dancing to our favorite songs from the decades. Curated playlists include Latin rhythms, disco, swing, belly dance, Bollywood, K-pop, and more! No dance experience needed. Class easily modified for all fitness levels. Come try it, you'll be hooked! To register, [click here](#).

The Last Gift Box
Monday, April 22, 10:00 a.m. – 11:30 a.m., Location: Room E
FREE ~ Class #24003

This class, based on the book THE LAST GIFT BOX, A PRESENT TO THOSE WHO FOLLOW ME, offers practical ways to organize the "business" aspects of your life and share with your family and friends your decisions on how you wish to die and be remembered. Using facts and humor, Tina Cole Kreitz takes this challenging yet essential subject and makes it easy to talk about and act upon. Please consider making a \$5 donation to Mastick in class. To register, [click here](#).

Yoga with Dina

Tuesdays, April 23 – May 28, 9:00 a.m. – 10:15 a.m., Location: Social Hall

Cost: \$63 ~ Class #23993

Alignment-based Yoga targets modified poses focusing on strength, flexibility, and balance. Synchronize your mind and body while having fun. Dress in layers, and bring a yoga mat, strap, and blanket for relaxation/warmth. To register, [click here](#).

Stay Put, Stay Happy: Thriving While Aging In Place

Tuesday, April 23, 12:30 p.m. – 2:00 p.m., Location: Room D

FREE ~ Class #24160

Discover expert insights on home modifications that enhance safety and accessibility, smart financial planning tailored to senior's needs, and proactive health strategies for a vibrant, independent lifestyle. Presented by Alameda **Senior Transitions** and **Sensational Seniors** TM. To register, [click here](#).

Yoga for Bone Health

Tuesdays, April 23 – June 11, 5:15 p.m. – 6:30 p.m., Location: Social Hall

Cost: \$67 ~ Class #24450

Yoga promotes 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](#).

Billing and Delivery Scams

Wednesday, April 24, 11:00 a.m. – 1:00 p.m., Location: Room E

FREE ~ Class #22640

Join William Smith, retired FBI Agent, to learn how scammers use fictitious email, text messages and fake shopping websites to deceive people into revealing sensitive information by claiming they owe a debt or did not pay a bill. Also discuss why seniors are targeted and how to identify such phishing emails. To register, [click here](#).

Alameda Development and Architecture

Wednesdays, April 24 – June 5, 1:00 p.m. – 3:00 p.m., Location: Room D

FREE ~ Class #23997

The island of Alameda is home to thousands of official historic buildings, located in delightful neighborhoods blooming with the legacy of vintage buildings. Judith Lynch, Instructor, makes recognizing architectural details and styles a treat. Enjoy slide shows with talks at Mastick Senior Center. History ranges from the Gold Rush era of the 1850's through the 1930's. Self-guided walking tours are given out during each class. Judith Lynch is an author, educator, ten-year Alameda Historical Advisory Board member and Mastick instructor since 2015. To register, [click here](#).

Yoga for Bone Health

Wednesdays, April 24 – June 12, 3:00 p.m. – 4:15 p.m., Location: Social Hall

Cost: \$67 ~ Class #24452

Yoga promotes 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](#).

April Birthday Celebration Join Us!
Thursday, April 25, 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.

Hop on the Bus with Us!
Thursday, April 25, 1:00 p.m. – 3:00 p.m., Location: Game Room & Off-site
FREE ~ Class #26522

Interested in improving your transit skills or gaining more experience using 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](#).

Music Appreciation
"Music for Springtime"
Thursday, April 25, 1:30 p.m., Location: Dining Room 2
FREE

Join Bill Sturm, Volunteer, for a discussion and piano performance of music inspired by the Spring season.

Pickleball: Beyond the Basics 2
Mondays, April 29 – May 20, 12:30 p.m. – 2:00 p.m.
Location: Lincoln Park Pickleball Courts
Cost: \$113 ~ Class #24786

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](#).

Alexander Technique: The Art of Walking Well
Tue/Wed/Thurs, April 30 – May 2, 10:00 a.m. - 11:30 a.m., Location: Dining Room 2
Cost: \$48 ~ Class #24000

Walking is one of the best and least expensive ways to keep your body and mind healthy. Join Lenka Fejt, Alexander Technique Teacher, B.S. in Kinesiology, and learn to walk with less tension and more enjoyment. To register, [click here](#).

May Walking Club @ Waters Edge Lodge
Tuesdays & Thursdays, May 2 – May 30, 9:30 a.m. – 10:30 a.m.,
Location: 801 Island Drive
Cost: \$5 ~ Class #24021

Go for a walking excursion around the lagoon with a personal trainer and take in the beautiful sights. To register, [click here](#)

Fitness with Kendra

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

Cost: \$48 ~ Class #24216

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, [click here.](#)

Zumba Gold

Thursdays, May 2 – May 30, 2:00 p.m. – 3:00 p.m., Location: Social Hall

Cost: \$53 ~ Class #24092

Zumba Gold is a modified Zumba dance class that recreates the original moves you love at a lower intensity. The formula is 70% Latin music and 30% anything else. A typical class features merengue, salsa, cha-cha, reggaeton, bachata, samba, soca, hip-hop, belly dance and bhangra. Get moving and have fun! No dance experience, exercise equipment or running required. To register, [click here.](#)

Pickleball Learn to Play

Thursdays, May 2 – May 23, 11:00 a.m. – 12:30 p.m.

Location: Leydecker Park Pickleball Courts

Cost: \$113 ~ Class #24787

This class is designed for beginners and for first time players! You will learn basic shots like the dink, volley, serve and return of serve. Court positioning and basic strategy will be discussed. Start your lifelong enjoyment of this fastest growing sport! Taught by Marcia Neishi who is both a skilled tournament player as well as a certified instructor through the International Pickleball Teaching Professional Association. To register, [click here.](#)

Pickleball Intermediate Drills

Thursdays, May 2 – May 23, 1:00 p.m. – 2:00 p.m.

Location: Lincoln Park Pickleball Courts

Cost: \$85 ~ Class #24788

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

Pickleball Advanced Drills

Thursdays, May 2 – May 23, 2:00 p.m. – 3:00 p.m.

Location: Lincoln Park Pickleball Courts

Cost: \$85 ~ Class #24789

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.](#)

Chair Yoga

Mondays, May 6 - Jun 17, 11:00 a.m. – 12:00 p.m., Location: Social Hall

Cost: \$63 ~ Class #26640

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 5/27 To register, [click here.](#)

Fitness for Seniors! Balance, Mobility & Stability

Mondays, May 6 – Jun 17, 12:15 p.m. – 1:05 p.m., Location: Room A

Cost: \$63 ~ Class #26641

Join fellow seniors in a welcoming environment to feel safe when moving from place to place. Practice gentle movements to help improve your balance, mobility, and stability. Participation in this class will aid in the ability to sit and stand more easily, as well as decrease your probability of falling and prevent injury. To register, [click here](#).

Line Dancing for Returning Beginners

Mondays, May 6 - May 20, 12:30 p.m. – 2:00 p.m., Location: Social Hall

Cost: \$27 ~ Class #23886

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](#).

Digital Photo Management

Tuesdays & Thursdays, May 7 – May 14, 10:30 a.m. – 12:00 p.m., Location: Room C

FREE ~ Class #24297

Digital Photography, especially picture management, is one of the most ignored and difficult to master topics. Mobile devices have excellent cameras that allow us to take thousands of pictures, yet many of us spend very little time editing, managing and safely storing them so that they can be easily retrieved or shared. This class will cover these time-consuming and challenging tasks. To register, [click here](#)

Tai Chi Dance Fitness with Mel

Tuesdays, May 7 – May 28, 10:45 a.m. – 11:45 a.m., Location: Social Hall

Cost: \$43 ~ Class #25231

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](#).

Zumba Gold Toning

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

Cost: \$43 ~ Class #24087

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](#).

Pilates (In-Person & via Zoom)

Wednesdays, May 8 – Jun 12, 9:00 a.m. – 10:00 a.m., Location: Room A

Cost: \$63 ~ Class #26642

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](#).

Line Dancing for Absolute Beginners

Wednesdays, May 8 – March 29, 9:30 a.m. – 10:30 a.m., Location: Social Hall

Cost: \$35 ~ Class #23887

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, May 8 – Jun 12, 10:30 a.m. – 11:30 a.m., Location: Room A

Cost: \$63 ~ Class #26643

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](#).

Charity Fraud Scams

Wednesday, May 8, 11:00 a.m. – 1:00 p.m., Location: Room E

FREE ~ Class #24010

Join William Smith, retired FBI Agent, to learn the scope of the problem, types of charity scams, how scams work, warning signs, ways to determine if legitimate charitable organization and what to do if you become a victim of charity fraud. To register, [click here](#).

Line Dancing for High Beginners

Wednesdays, May 8 – May 29, 11:00 a.m. – 12:30 p.m., Location: Social Hall

Cost: \$35 ~ Class #23888

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](#).

Strength Training and Cardio

Fridays, May 10 – Jun 14, 10:45 a.m. – 11:45 a.m., Location: Room A

Cost: \$63 ~ Class #26644

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](#).

Financial Assistance: How to Get Help with Health Care Costs

Tuesday, May 14, 10:00 a.m. – 11:00 a.m., Location: Room D

FREE ~ Class #24326

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

Teens Teaching Technology

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

FREE~ Class #24521

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: The Neil Diamond Concert Experience/Shopping in Livermore!

**Sunday, April 21, 11:00 a.m. – 5:30 p.m., Location: Livermore Shops and Livermore Valley Arts
Cost: \$65 ~ Class #24312**

Enjoy the shops on First Street in Livermore on your own. Then, thrill to the sounds of the Neil Diamond Concert Experience! To register, [click here](#).