



Making Connections • Staying Active • Living Well

Staying Active~

AARP Driver Safety Program

The AARP Smart Driver Program offers an opportunity to become a safer and more confident driver while earning a discount on your auto insurance. To learn more, [click here](#).

Bocce Ball

**Thursdays, September 2, 9, 16, 23, & 30; 1:30 p.m. – 3:00 p.m., Location: Mastick Courtyard
FREE ~ Class #14445**

Learn to play or play with friends... either way come have FUN! To register, [click here](#)

Quilting & Sewing Circle ~ FREE

Thurs., September 2 – September 16, 9:00 a.m. – 12:00 ~ Class #13721 ~ To register, [click here](#).

Mon., September 13 – September 27, 9:00 a.m. – 12:00 ~ Class #13717 ~ To register, [click here](#).

Thurs., September 23 – October 7, 9:00 a.m. – 12:00 ~ Class #13722 ~ To register, [click here](#).

Mondays, October 4 – October 18, 9:00 a.m. – 12:00 ~ Class # 13718 ~ To register, [click here](#).

Thursday, October 14 – October 28, 9:00 a.m. – 12:00 ~ Class #13723 ~ To register, [click here](#).

The Quilting & Sewing Circle provides use of the sewing room for quilting and sewing projects. Each three-week session offers an opportunity for eight individuals to use the room on either Mondays or Thursdays to work independently on projects. One session (Mondays or Thursdays) per person. Food and beverages prohibited. For more information, contact Jackie Krause, Recreation Manager, at (510) 747-7510 or jkrause@alamedaca.gov.

Join us for Table Tennis or Ping Pong

**Thursdays, September 2, 9, 16, 23, & 30, 12:00 – 3:00 p.m., Location: Bay Street Terrace
FREE ~ Class #13901**

Tired of sitting at home? Join us for a friendly game of table tennis and improve your hand-eye coordination, reflexes, and balance while keeping your brain fit and gaining muscle and cardio endurance. This game is easy on the joints, burns calories, and guarantees giggles with friends. To enroll, [click here](#)

Mastick Movie Club

Join us on **Friday, September 3**, at 10:00 a.m. to discuss “The Pursuit of Love” with Lily James & Dominic West. This miniseries is based on the novel by Nancy Mitford and the screenplay by Emily Mortimer. It is available on Amazon Prime. To participate, please contact Jackie Krause, Recreation Manager, at jkrause@alamedaca.gov or (510) 747-7510 or [click here](#).

Pro Football: History and Today’s Game

**Tuesday, September 7, 11:00 a.m. – 2:00 p.m., Location: Mastick Patio
FREE ~ Class #13710**

Ed Kallas, Mastick Staff, conducts an interactive and fun review of the history, rules and strategy of the pro game. Learn how it evolved from a lethal bout of brute strength to a sophisticated chess match that requires sharp minds and athletic prowess. Tail Gate themed. To register, [click here](#)

Creative Writing

**Tuesdays, September 7, 14, 21, & 28, 10:00 a.m. – 1:00 p.m., Location: Mastick Courtyard
Cost: \$15 - \$25 ~ Class: #13706**

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. The instructor will contact students about the fee after they register. To register, [click here](#)

Train Your Brain

Tues./Thurs., Sept. 7 – Nov. 9, 10:00 a.m. – 11:00 a.m., Location: Elders Inn, 1721 Webster St.

Cost: \$88 ~ Class #13860

Use 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. Each session will have fun, easy homework and strategies to work around memory obstacles in your daily routine. To register, [click here](#)

Thriving with Parkinson's

T/TH, Sept. 7 – Oct. 28, 10:30 a.m. – 11:30 a.m., Location: Water's Edge Lodge, 801 Island Dr.

Cost: \$123 ~ Class #13859

A comprehensive approach to combat Parkinson's symptoms based on principles from physical, occupational, and speech therapy and concepts from LSVT. Address postural changes, mood, cognition, swallowing, speech, and tremors. To register, [click here](#)

Book Club

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

FREE ~ Class #14469

On **Tuesday, September 7**, Book Club members will review "My Beloved World" by Sonia Sotomayor. "The Sympathizer" by Viet Thanh Nguyen will be reviewed on **October 5**. To borrow a copy of the book, contact jkrause@alamedaca.gov or call (510) 747-7510. To register for **September**, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

Pickleball: Beyond the Basics

Thurs., Sept. 9, 16, 23, & 30, 11:00 a.m. – 12:30 p.m., Location: Lincoln Park Pickleball Court

Cost: \$113 ~ Class #13856

Improve your game and sharpen your skills! This class is designed for the advanced beginner/intermediate player! Learn more effective dinking, volleying, and 'the 3rd shot'. Experience fun and helpful practice and playing drills to help take your game to the next level. Taught by Marcia Neishi, certified international Pickleball Teaching Professional Association Instructor. To register, [click here](#)

Pickleball: Intermediate Drills

Thurs., Sept. 9, 16, 23, & 30, 1:00 p.m. – 2:00 p.m., Location: Lincoln Park Pickleball Court

Cost: \$ 75 ~ Class: #14465

Improve your game and sharpen your skills! This class is designed for the intermediate player! Enjoy one-hour of drills designed to benefit the intermediate level player. Taught by Marcia Neishi, certified international Pickleball Teaching Professional Association Instructor. To register, [click here](#)

Pickleball: Advanced Drills

Thurs, Sept. 9, 16, 23, & 30, 2:00 p.m. – 3:00 p.m., Location: Lincoln Park Pickleball Court

Cost: \$ 75 ~ Class: #14466

Improve your game and sharpen your skills! This class is designed for the advanced player! Enjoy one-hour of drills designed to benefit the advanced level player. Taught by Marcia Neishi, certified international Pickleball Teaching Professional Association Instructor. To register, [click here](#)

Mastick's Volunteer Walking Group

Mondays, Sept. 13 – Dec. 27, 9:30 a.m., Location: schedule provided upon registration

Cost: transit fare & spending money, Class #14467

Explore the Bay Area while becoming familiar with public transit. Sheila Shener, Volunteer Facilitator. Bring a lunch and dress for the weather. Schedules available in the Mastick Lobby or contact ekallas@alamedaca.gov. To register, [click here](#).

Rightsizing for Seniors: Finding Home After Life's Unexpected Changes

Thursday, September 23, 10:00 a.m., Location: Zoom

FREE ~ Class #14471

Join Alameda Senior Transitions to learn how to identify if you should stay in your home or move to a quality assisted living, memory care, or residential care community. To register, [click here](#).

Music Appreciation ~ Waltzes from Many Lands

Thursday, September 23, 1:30 p.m. – 2:30 p.m., Location: Dining Room 2

FREE ~ Class #14468

Join Bill Sturm, Volunteer, for a piano performance of waltzes from around the globe with a discussion about the history of the waltz. To register, [click here](#)

Create a Secure Future: Advance Health Care Directives

Tuesday, September 28, 10:00 a.m. – 11:00 a.m., Location: Room D

FREE ~ Class #13806

Learn about Advanced Health Care Directives and what they entail. Receive suggestions, resources for preparedness, and information about appointing an agent, end-of-life decision making, and documents (POLST, wills, and durable power of attorney for finances). To register, [click here](#)

REGISTRATION FOR FALL CLASSES ~ TUESDAY, SEPTEMBER 7

At Mastick Senior Center, fall registration begins **Tuesday, September 7, at 7:45 a.m.** (9:00 a.m. for Quilting classes). On this date, members may begin registering for fall classes (September - December) online by visiting <https://www.alamedaca.gov/Departments/Recreation-Parks>. Beginning at **9:00 a.m.**, staff will be available to assist you in-person or by phone **(510) 747-7500**. Chairs will be set up outdoors and members will be registered in order of arrival.*

*A complete listing of fall programs is available in the Alameda Recreation and Park Department (ARPD) Activity Guide at <https://www.alamedaca.gov/Departments/Recreation-Parks>. Additionally, the ARPD Activity Guide is mailed to all Alameda households.

Autumn Walking Club

M/F, Sept. 13 – Oct. 15, 10:30 a.m. – 11:30 a.m., Location: Water's Edge Lodge, 801 Island Dr.

Cost: \$5 per session ~ Class #13862

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

Fitness with Julie

M/F, September 20 – December 17, 9:00 a.m. – 10:45 a.m., Location: Social Hall

Cost: \$65 ~ Class #13867 ~ To register, [click here](#)

Mondays, September 20 – December 13, 9:00 a.m. – 10:45 a.m., Location: Social Hall

Cost: \$35 ~ Class #13868 ~ To register, [click here](#)

Fridays, September 24 – December 17, 9:00 a.m. – 10:45 a.m., Location: Social Hall

Cost: \$35 ~ Class #13869 ~ To register, [click here](#)

This fitness class offers a full body workout that includes warm up, stretching, use of chair, low impact cardio, weight training, floor/mat work and cool down set to fun music. Mats and weights provided. Class easily modified for all fitness levels.

Glass & Mosaics

Mondays, September 20 – October 18, 9:00 a.m. – 12:00, Location: Skill Center

Cost: \$33 ~ Class #13671 ~ To register, [click here](#)

Wednesdays, September 22 – October 20, 9:00 a.m. – 12:00, Location: Skill Center

Cost: \$33 ~ Class #13673 ~ To register, [click here](#)

Wednesdays, September 22 – October 20, 12:15 p.m. – 3:00 p.m., Location: Skill Center

Cost: \$33 ~ Class #13675 ~ To register, [click here](#)

Designed for students experienced in glass art and mosaics who seek to refresh, sharpen, and share their knowledge with other class members. Must be able to work independently to design, construct, and complete project. \$10 equipment upkeep fee due to instructor on first day of class.

Spanish – Beginners

Mondays, September 20 – November 8, 9:00 a.m. – 10:00 a.m., Location: Dining Room 2

Cost: \$35 ~ Class #13728

Participate with the instructor and classmates in vocabulary, writing, reading, listening and grammar to help learn Spanish language skills. To register, [click here](#)

Tai Chi Chuan 24 & 42

Mondays, September 20 – December 13, 9:30 a.m. – 11:00 a.m., Location: Room A

FREE ~ Class #13802

Begin with warm-up and gentle stretch exercises, followed by Yang Style Chi Chuan (Hand Form) 24 & 42. Improve balance, coordination, and awareness, while stimulating the brain and calming the nervous system. Continued practice will cultivate harmony of mind, body, and spirit, boost confidence, and improve overall health. To register, [click here](#)

Spanish Conversation

Mondays, September 20 – November 8, 10:30 a.m. – 11:45 a.m., Location: Dining Room 2

Cost: \$45 ~ Class #13729

Participate with the instructor and classmates in reading, writing, listening and conversation to help improve Spanish language skills. To register, [click here](#)

Line Dance - Beginners

Mondays, Sept. 20 – October 25, 12:30 p.m. – 2:00 p.m., Location: Social Hall

Cost: \$37 ~ Class #13737 ~ To enroll, [click here](#)

Designed for beginners and returning beginners who want to learn steps and new dances. Dance for fun while exercising your body and mind to a variety of music.

Qigong

Tuesdays, Sept. 21 – October 26, 10:00 a.m. – 11:00 a.m., Location: Room A

Cost: \$52 ~ Class #13907

Qigong is an ancient discipline that includes visualization, mindfulness, and focus on breathing. Improve mental and physical health with correct posture, movement, and breathing technique. To register, [click here](#)

Alexander Technique: Balance of Head and Well-being

Tuesday – Thursday, Sept. 21 -23, 1:30 p.m. – 3:00 p.m., Room E

Cost: \$45 ~ Class # 13741

Over time, the tendency to lean the head forward may cause health concerns such as spine compression, breathing difficulty, back pain, general fatigue, dizziness, etc. Join Lenka Fejt, certified Alexander Technique Instructor, and learn how to improve head balance and overall functioning. Wear loose, comfortable clothes. To register, [click here](#)

Pilates

Wednesdays, September 22 – October 27, 9:00 a.m. – 10:00 a.m., Location: Room A

Cost: \$45 ~ Class #13820

Low impact varied exercises designed to develop muscular (arms, core, legs, glutes) strength. **IMPORTANT:** The session includes standing, sitting on the ground and lying down positions (on the back and stomach). Prepare for class by having a yoga-type mat, comfortable clothing, a water bottle and dumbbells if you have them (not required). To register, [click here](#)

Strength Training and Cardio

Wednesdays, September 22 – October 27, 10:30 a.m. – 11:30 a.m., Location: Room A

Cost: \$45 ~ Class #13912

Move to music and gain the benefits of resistance training designed to develop bone density, muscle mass, and endurance. Warm up and cool down included. Class easily modified for all fitness levels. To register, [click here](#)

Line Dance - Intermediate

Wednesdays, September 22 – October 27, 11:00 a.m.- 12:30 p.m., Location: Social Hall

Cost: \$37 ~ Class #13735 ~ To register, [click here](#)

Designed for individuals that have been line dancing for some time and have mastered the basic steps and movements. New movements and more complex basic steps will be added.

Introduction to iPhone and iPad

Wednesdays, September 22 & 29, 1:30 p.m. – 3:00 p.m., Location: Room C

FREE ~ Class #13679

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. To register, [click here](#)

Ceramics – Beginning

Thursdays, September 23 – November 18, 10:00 a.m. – 12:00, Location: Skill Center

Cost: \$96 ~ Class #13730

Learn hand building, forming techniques, and throwing on the potter's wheel. Individual and class projects created during each session. Instruction, clay, glazes, some specialized tools and kiln firing included. Supply fee of \$30 is due to the instructor on first day of class. To register, [click here](#)

Tai Chi Chuan 24 & 42

Thursdays, September 23 – December 16, 10:00 a.m. – 11:30 a.m., Location: Room A

FREE ~ Class #13805

Begin with warm-up and gentle stretch exercises, followed by Yang Style Chi Chuan (Hand Form) 24 & 42. Improve balance, coordination, and awareness, while stimulating the brain and calming the nervous system. Continued practice will cultivate harmony of mind, body, and spirit, boost confidence, and improve overall health. To register, [click here](#)

Window 10: Introduction and Review

Thursday, September 23, 10:30 a.m. – 12:00, Location: Room C

FREE ~ Class #13678

This class will focus on the differences between Windows 10 and earlier versions. Some experience with another Windows system (Vista, XP, 7 or 8) is helpful. Topics include: power options, settings, photos, documents, applications, task bar, systems tray and File Explorer. To register, [click here](#)

Tai Chi Sword 32 & 42

Thursdays, September 23 – December 16, 12:30 p.m. – 1:30 p.m., Location: Social Hall

FREE ~ Class #13800

If you like to challenge yourself and are familiar with Tai Chi Chuan, expand your learning with the Sword Form. The Tai Chi Sword will improve your balance, flexibility, and brain plasticity. To register, [click here](#)

Ceramics – Intermediate

Thursdays, September 23 – November 18, 1:00 p.m. – 3:00 p.m., Location: Skill Center

Cost: \$96 ~ Class #13731

Class provides opportunities to hand build and throw on the potter's wheel. Individual and class projects created during each session. Clay, glazes, some specialized tools and kiln firing included. Supply fee

of \$30 is due to the instructor on first day of class. (Ceramics - Beginning required to enroll in Ceramics - Intermediate) To register, [click here](#)

Intermediate iPhone and iPad Concepts

Wednesdays, October 6 & 13, 1:30 p.m. – 3:00 p.m., Location: Room C

FREE ~ Class #13681

Some basic knowledge of the iPhone or iPad required. Class will cover the more advanced functions of the iPhone and the iPad. Topics include: popular apps, how to adapt the device to your use in Settings, and an explanation of the Cloud and iCloud. To register, [click here](#)