



Making Connections • Staying Active • Living Well

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.

Alameda County Tenants' Rights Workshop

Are you at risk of losing your home? Do you want to learn your rights as a tenant? Centro Legal is offering free, online workshops and phone consultations with legal advice for Alameda County tenants! If you need legal assistance with your housing concern ranging from habitability issues to rent increases to eviction notices, please save your spot for a one-on-one consultation at the next remote online tenants' rights workshop or make an appointment for an individual phone consultation by calling 510-437-1554 or emailing tenantsrights@centrolegal.org.

French Grammar (Beginning)

Fridays, July 1 – August 26, 9:00 a.m. – 10:00 a.m., Room E

FREE ~ Class #18775

Learn French in this ongoing class. Textbook used - "Cours de Langue et de Civilisation Françaises". To register, [click here](#).

Mastick Movie Club

Friday, July 1, 10:00 a.m. – 12:00, Location: Zoom

FREE

Join Movie Club members for a discussion and comparison of **The Thomas Crown Affair (1968)** starring Faye Dunaway and Steve McQueen and a remake of **The Thomas Crown Affair (1999)** starring Pierce Brosnan and Rene Russo. Both movies center on a rich, spoiled and bored businessman who, for a game, sets out to rob a bank (1968) or a Monet (1999) and runs into a savvy insurance investigator with whom he falls in love. To join the discussion, email Ed Kallas, Recreation Supervisor I, at ekallas@alamedaca.gov

Mah Jongg

Mondays, July 11, 18, 25 & August 1, 12:00 p.m. – 3:00 p.m., Location: Game Room

FREE

Learn to play Mah Jongg with Volunteer Instructor, Anita Bellomo. Experienced players also welcome on Monday and Friday afternoons, 12:00 p.m. – 3:00 p.m. First come, first served.

Bridge Players

Wednesdays, July 6 – ongoing, 12:00 p.m. – 3:00 p.m., Location: Game Room

FREE

Calling all Bridge players! The Game Room is open on Wednesday afternoons for those who have already formed a playing group or are looking for others to join. No formal instruction available.

Hula 1

Tuesdays, July 5, 12, 19 & 26, 11:30 a.m. – 12:20 p.m., Location: Room A

Cost: \$43 ~ Class #17549

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](#).

Hula 2

Tuesdays, July 5, 12, 19 & 26, 12:30 p.m. – 1:20 p.m., Location: Room A

Cost: \$43 ~ Class #17556

If you have danced hula previously 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](#).

Hop on the Bus with Us!

Tuesday, July 5, 1:00 p.m. – 3:00 p.m., Location: Game Room/Off-site

FREE ~ Class #15274

Interested in improving your transit skills or gaining more experience using the AC Transit system? If so, join Katherine "Kat" Kaldis, Paratransit Coordinator, to catch the bus together and explore Alameda. Space is limited. To register, [click here](#) or call (510) 747-7513.

Book Club

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

FREE

Join Book Club members and discuss "Redhead by the Side of the Road" by Anne Tyler. "The Tea Girl of Hummingbird Lane" by Lisa See will be reviewed on August 2. 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.

Zumba Gold – Toning

Tuesdays, July 5, 12, 19 & 26, 2:00 p.m. – 2:55 p.m., Location: Room A

Cost: \$43 ~ Class #18703

This class combines Zumba Gold with Zumba Toning. It incorporates lightweight resistance training into the cardio program focusing on building muscle strength. To register, [click here](#).

Line Dancing for New Beginners

Wednesdays, July 6, 13, 20 & 27, 9:30 a.m. – 10:30 a.m., Location: Social Hall

Cost: \$27 ~ Class #15503

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 - Intermediate

Wednesdays, July 6, 13, 20 & 27, 11:00 a.m. – 12:30 p.m., Location: Social Hall

Cost: \$27 ~ Class #15283

Designed for individuals who have mastered the basic steps and movements. More complex steps will be added. To register, [click here.](#)

Movie Matinee

Wednesdays, July 6 & 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 which include current blockbusters as well as the classics. Free popcorn available. Space is limited.

July 6: My Octopus Teacher (2020) Documentary (G) - A filmmaker forges an unusual friendship with a young octopus living in a South African kelp forest. He eventually wins the animal's trust and learns as she shares the mysteries of her world. (1h 25m)

July 20: When Harry Met Sally (1989) Comedy/Drama/Romance (R) with Billy Crystal - Harry and Sally have known each other for years and are very good friends, but they fear that sex would ruin their friendship. (1h 35 m)

Yoga

Thursdays, July 7 – September 1, 10:00 a.m. – 11:15 a.m., Location: Social Hall

Cost: \$64 ~ Class #16643

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 on August 18. To register, [click here.](#)

Zumba Gold

Thursdays, July 7, 14, 21 & 28, 2:00 p.m. – 2:55 p.m., Location: Social Hall

Cost: \$43 ~ Class #18704

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 open to all levels. To register, [click here.](#)

Seniors' Guide to Public Benefits

Tuesday, July 12, 10:00 a.m. – 11:00 a.m., Location: Room D

FREE ~ Class #15508

Join HICAP representatives for an overview of public benefits including Social Security, SSI, Medicare and Medi-Cal. Learn about the Cash Assistance Program for Immigrants (CAPI), General Assistance (GA), Cal WORKs, and Food Stamps. To register, [click here.](#)

Get Balanced @ Elders Inn

Tuesdays & Thursdays, July 12 – Sept. 29, 2:30 p.m. – 3:30 p.m., Location: 1721 Webster St.

Cost: \$123 ~ Class #15263

Created by a team of physical therapists, this class is proven to prevent falls. Participants are tested before and after to track and celebrate changes. Learn exercises for vision and vestibular systems, strength, flexibility, proprioception, and quick reflexes. To register, [click here.](#)

Mastick Trip: Jim Henson at The Contemporary Jewish Museum

Thursday, July 14, 10:30 a.m. – 5:00 p.m.

Cost: \$83 ~ Class #18774

Enjoy a docent-led tour of *Jim Henson: Imagination Unlimited*, a celebration of the legacy of Jim Henson (1936–1990), trailblazing puppeteer, animator, cartoonists, actor, inventor, and filmmaker. Trip includes lunch, location to be determined. To register, [click here](#).

Transportation 101 – AC Transit App Training

Tuesday, July 19, 1:00 p.m. – 3:00 p.m., Location: Room D,

FREE ~ Class #15330

Katherine "Kat" Kaldis, Paratransit Coordinator, will provide an overview of the various transportation options (East Bay Paratransit, AC Transit Clipper Card, AIM, and MORE) available to Alameda residents. Bring your questions! The second half of this workshop will teach how to plan your trip on AC Transit using transit apps. If you have a smart phone, bring it with you to get hands-on practice. To register, [click here](#) or call (510) 747-7513.

Senior Connections & Resources

Topic: The Importance of Hydration presented by Kindred Hospice and Mercy Retirement

Wednesday, July 20 (meets third Wednesday of each month), 1:00 p.m. – 2:00 p.m.,

Location: Room D

FREE

Join us for this special presentation on '[The Importance of Hydration](#)' and receive community information! 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, please call (510) 747-7505.

Hop on the Bus with Us! to Farmer's Market

Tuesday, July 26, 9:30 p.m. – 12:00 p.m., Location: Game Room/Off-site

FREE ~ Class #15336

Interested in improving your transit skills or gaining more experience using the AC Transit system? If so, join Katherine "Kat" Kaldis, Paratransit Coordinator, to catch the bus together and explore Alameda. Space is limited. To register, [click here](#) or call (510) 747-7513.

Diabetes Support Group

Wednesday, July 27 (meets fourth Wednesday of each month), 10:00 a.m. – 12:00,

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. To register, call (510) 747- 7500.

Climate Code Red and How You Can Help
Thursday, July 28, 1:00 p.m., Location: Zoom
FREE

You've changed your light bulbs to LEDs and taken other actions to reduce your carbon footprint. What else can one do for such a huge crisis to make a difference? A LOT! Climate change affects our everyday lives through drought, food supply, sea level rise, fires and the survival of nature. This presentation, brought to you by Community Action for a Sustainable Alameda, will cover the crisis, solutions and 70 surprisingly simple things individuals can do including how to influence others to protect the climate. Speaker Joyce Mercado, B.S. in Physics, California Polytechnic State University San Luis Obispo, is an active member of Community Action for a Sustainable Alameda where she writes a monthly column on Climate Protection for the Alameda Sun and created the CASA Climate Protection Checklist and Resource List. She completed Climate Reality Project training led by Al Gore and joins thousands of Climate Reality Leaders offering climate protection presentations worldwide. To register, email ekallas@alamedaca.gov.

Birthday Celebration
Thursday, July 28, 12:30 p.m. – 1:00 p.m., Location: Courtyard / Dining Room 2
FREE

Let's celebrate your special day! Join us for sweet treats and happy birthday wishes!

Music Appreciation – "Summertime"
Thursday, July 28, 1:30 p.m. – 2:30 p.m., Location: Dining Room 2
FREE

Join Bill Sturm, Volunteer, and enjoy a piano performance and informative discussion inspired by the summer season.

Chair Yoga
Mondays, August 1 – August 29, 11:00 a.m. – 12:00 p.m., Location: Social Hall
Cost: \$43 ~ Class #18158

Enjoy a gentle form of yoga 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](#).

Strength Training and Cardio
Monday, August 1 - August 29, 9:30 a.m. – 10:30 a.m., Location: Room A
Cost: \$52 ~ Class #18782

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](#).

Qigong
Tuesdays, August 2 - September 6, 10:00 a.m. – 11:00 a.m., Location: Room A
Cost: \$59 ~ Class #15294

Join Robert Dorsett, Instructor, and practice Qigong, an ancient discipline that includes visualization, mindfulness, and focused breathing. It balances emotions, improves health, and enhances the mind, body, and spirit. Class easily modified for all fitness levels. To register, [click here](#).

Hula 1

Tuesdays, August 2 – August 30, 11:30 a.m. – 12:20 p.m., Location: Room A

Cost: \$53 ~ Class #17551

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](#).

Hula 2

Tuesdays, August 2 – August 30, 12:30 p.m. – 1:20 p.m., Location: Room A

Cost: \$53 ~ Class #17557

If you have danced hula previously 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](#).

Transportation 101

Tuesday, August 2, 1:00 p.m. – 3:00 p.m., Location: Room D

FREE ~ Class #15913

Katherine "Kat" Kaldis, Paratransit Coordinator, will provide an overview of the various transportation options (East Bay Paratransit, AC Transit Clipper Card, and MORE) available to Alameda residents. Bring your questions! To register, [click here](#) or call (510) 747-7513.

Pilates (in person & via Zoom)

Wednesdays, August 3 – August 31, 9:00 a.m. – 10:00 a.m., Location: Room A

\$38 ~ Class #15290

Pilates is designed to develop muscle strength, balance, and tone. Controlled breathing and proper body alignment are key. Session includes upright 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 New Beginners

Wednesdays, August 3 - August 31, 9:30 a.m. – 10:30 a.m., Location: Social Hall

Cost: \$33 ~ Class #15504

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. Come join us in activating your body and mind with music. To register, [click here](#).

Mastick Trip: Sacramento River Cats

Wednesday, August 3, 10:15 a.m. – 4:00 p.m.

Cost: \$30

Mastick is planning a trip to see the Sacramento River Cats, which is the Giant's Triple A affiliate, on Wednesday, August 3, 10:15 a.m. – 4:00 p.m. Transportation and a ball park snack is included with your ticket! The cost will be approximately \$30 depending on how many sign up to go. To sign up contact Ed Kallas, Recreation Supervisor I at ekallas@alamedaca.gov or 510-747-7511. **Registration ends on July 11, 2022.**

Strength Training and Cardio
Monday, August 3 - August 31, 10:30 a.m. – 11:30 a.m., Location: Room A
Cost: \$38 ~ Class #15305

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.](#)

Line Dancing - Intermediate
Wednesdays, August 3 – August 31, 11:00 a.m. – 12:30 p.m., Location: Social Hall
Cost: \$33 ~ Class #15284

Designed for individuals who have mastered the basic steps and movements. More complex steps will be added. To register, [click here.](#)

Learn to Play Pickleball
Thursdays, August 4 – August 25, 11:00 a.m. – 12:30 p.m., Location: Lincoln Park Pickleball Courts
Cost: \$113 ~ Class #18056

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 a both a skilled tournament player as well as a certified instructor through the international Pickle ball Teaching Professional Association. To register, [click here.](#)

Pickleball Intermediate Drills
Thursdays, August 4 – August 25, 1:00 p.m. – 2:00 p.m., Location: Lincoln Park Pickleball Courts
Cost: \$85 ~ Class #18090

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, August 4 – August 25, 2:00 p.m. – 3:00 p.m., Location: Lincoln Park Pickleball Courts
Cost: \$85 ~ Class #18086

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.](#)

Get Balanced @ Waters Edge Lodge
Wednesdays, August 8 – October 3, 2:30 a.m. – 3:30 p.m., Location: Waters Edge Lodge 801 Island Drive
Cost: \$123 ~ Class #15553

Created by a team of physical therapists, this class is proven to prevent falls. Participants are tested before and after to track and celebrate changes. Learn exercises for vision and vestibular systems, strength, flexibility, proprioception, and quick reflexes. No class on 9/5. To register, [click here.](#)

Holding Space – How to Have Satisfying Conversations Again!
Tuesdays, August 16 – December 6, 10:00 a.m. – 11:30 a.m., Location: Dining Room 2
FREE ~ Class #18862

Holding Space will offer participants opportunities to learn to speak and listen to one another - without already having an answer or personal comparison ready as the response. Just hold space for the person speaking. How satisfying would it be to feel like someone is really listening? Learn to feel comfortable talking about whatever you want to discuss, while also becoming a supportive and unbiased listener. Begin each session learning how to engage in productive conversations with Sharon Cravanas, Certified Professional Coach and diversity counselor for over 40 years. Then, practice having real conversations with a partner with the ultimate goal of being empowered to take these skills home. To join the conversation, [click here.](#)

Fitness with Kendra
Thursdays, August 18 – September 29, 10:15 a.m. – 11:15 a.m., Location: Room A
Cost: \$57 ~ Class #18776

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.](#)