

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.

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](#).

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 issue 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.

Mastick Volunteer Walking Group

Mondays, Jan. 3, 10, 17, 24, & 31, 9:30 a.m., Location: schedule provided upon registration

Cost: transit fare & spending money ~ Class #14868

Meet friends at the Fruitvale BART Station (unless otherwise noted) to explore the greater Bay Area on public transit. Wear walking shoes, dress in layers, bring water and lunch (purchasing lunch optional, depending on destination). Fun and exercise guaranteed! Schedules available in the Mastick Lobby. To register, [click here](#).

Qigong

Tuesdays, January 4 – February 8, 10:00 a.m. – 11:00 a.m., Location: Room A

Cost: \$52 ~ Class #14719

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](#).

Book Club

Tuesday, January 4, 12:15 p.m., Location: Zoom

FREE ~ Class #14657

Join Book Club members and review "Before We Were Yours" by Lisa Wingate. "The Day the World Came to Town" by Jim Defede will be reviewed on February 1. To borrow a copy of the book, visit the Mastick Lobby or call (510) 747-7500. Members will receive the Zoom meeting I.D. and passcode information following registration. To register, [click here](#).

Tai Chi Sword 32 & 42

Tuesdays, January 4, 11, 18, & 25, 1:30 p.m. – 2:30 p.m., Location: Social Hall

FREE ~ Class #14855

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](#).

Line Dancing for New Beginners

Wednesdays, January 5, 12, 19, & 26, 9:30 a.m. – 10:30 a.m., Location: Social Hall

Cost: \$27 ~ Class #15394

For those who are brand new to line dancing. You will learn basic steps, sequencing, 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.](#)

Join us for... Table Tennis or Ping Pong

Wednesdays, January 5, 12, 19, & 26, 1:00 p.m. – 4:00 p.m., Location: Social Hall

FREE ~ Class #14738

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 register, [click here.](#)

Bocce Ball

Thursdays, January 6, 13, 16, 20, & 27, 1:00 p.m. – 3:00 p.m., Location: Courtyard

FREE ~ Class #14867

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

Mastick Movie Club

Friday, January 7, 10:00 a.m. – 12:00, Location: Zoom

FREE

Join Movie Club members for an engaging and interesting conversation comparing and contrasting the 1961 original movie version of the 1957 stage play, "West Side Story" with the new, reimagined Steven Spielberg version (currently at the Alameda Theatre and AMC Theatre in Emeryville). The 1961 version is available to rent on Amazon Prime. It is more relevant than ever in our current situation and in light of the recent loss of Stephen Sondheim, who wrote the lyrics for the play and movie and gave his imprimatur on this current version just before his passing. To join the discussion, [click here.](#)

Quilting

Mondays, January 10 – May 23, 1:00 p.m. – 3:00 p.m., Location: Room B

Cost: \$78 ~ Class #14722

This class is designed for all levels - learn basic quilting skills or receive assistance with existing or new projects. Quilting/Sewing Lab is equipped with two large cutting tables, rulers, mats, and six Janome sewing machines. Basic sewing notions, fabric, and instructions for your project required. Personal sewing machines welcome. Enjoy good times and new friends. No class on 1/17, 2/21, 3/7, 4/18 & 4/25. To register, [click here.](#)

Get Balanced @ Waters Edge Lodge

Mondays & Fridays, January 10 – April 8, 2:30 p.m. – 3:30 p.m.,

Location: Waters Edge Lodge, 801 Island Drive

Cost: \$123 ~ Class #14676

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 1/17 & 2/21. To register, [click here.](#)

Chat Room: Finding Meaning in Your Life

Tuesdays, January 11, 18, & 25, 9:30 a.m. – 11:30 a.m., Location: Zoom

FREE ~ Class #14713

Join an ongoing, open-ended discussion. Members will receive the Zoom meeting I.D. and passcode information following registration. To register, [click here.](#)

Hiring a Caregiver
Tuesday, January 11, 10:00 a.m. – 11:00 a.m., Location: Room D
FREE ~ Class #14821

Join a HICAP Representative to learn about the definitions of skilled care and personal care, hiring options and practices (agency or other methods), explanations of available payment sources, and tips for success. To register, [click here.](#)

Train Your Brain @ Elders Inn
Tuesdays & Thursdays, January 11 – March 17, 10:00 a.m. – 11:00 a.m.,
Location: Elders Inn, 1721 Webster Street
Cost: \$103 ~ Class #14835

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

Chair Yoga
Tuesdays, January 11 – March 1, 10:45 a.m. – 11:45 a.m., Location: Social Hall
Cost: \$59 ~ Class #14639

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.](#)

The Last Gift Box
Tuesday, January 11, 1:00 p.m. – 3:00 p.m., Location: Room D
FREE ~ Class #14837

Based on the book, "The Last Gift Box", learn practical ways to organize the "business" aspects of your life and communicate end-of-life decisions and how you wish to be remembered by loved ones. This essential subject is presented with factual information and humor. \$5 donation encouraged. To register, [click here.](#)

Zumba Gold – Toning
Tuesdays, January 11 – February 1, 2:00 p.m. – 2:55 p.m., Location: Room A
Cost: \$43 ~ Class #15399

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.](#)

Get Balanced @ Elders Inn
Tuesdays & Thursdays, January 11 – March 31, 2:30 p.m. – 3:30 p.m.,
Location: Elders Inn, 1721 Webster Street
Cost: \$123 ~ Class #14833

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 1/17 & 2/21. To register, [click here.](#)

Fitness for Life
Thursday, January 13, 9:00 a.m. – 11:00 a.m., Location: Social Hall
Cost: \$28 ~ Class #13750

Do everyday tasks seem to take longer? Do you experience joint pain, have trouble getting off the floor, or are concerned about falling? Learn how to maintain physical fitness and function and create a solid foundation toward longevity and quality of life. Focus on improving joint and spine health, balance, posture, endurance, flexibility, and strength. Movement and exertion level catered to each participant. To register, [click here.](#)

New Member Orientation
Thursday, January 13, 10:30 a.m., Location: Media Room
FREE

This guided tour is chock-full of information and includes an overview of the Center, a packet outlining the various programs and services, and a coupon for a complimentary lunch! Registration required, call (510) 747-7500.

Protecting Older Adults from Financial Scams
Thursdays, January 13 & 27, 1:00 p.m. – 2:00 p.m., Location: Room D
FREE ~ Class #15510

Join William Smith, retired FBI Agent, to learn how to better protect yourself from financial crimes against older adults. Focus will be on phone scams disguised as Social Security, IRS, billing, and personal tragedy matters. To register, [click here](#).

Quilting
Thursdays, January 13 – May 26, 1:00 p.m. – 3:00 p.m., Location: Room B
Cost: \$78 ~ Class #14724

This class is designed for all levels - learn basic quilting skills or receive assistance with existing or new projects. Quilting/Sewing Lab is equipped with two large cutting tables, rulers, mats, and six Janome sewing machines. Basic sewing notions, fabric, and instructions for your project required. Personal sewing machines welcome. Enjoy good times and new friends. No class on 2/3, 2/24, 3/10, 4/21 & 4/28. To register, [click here](#).

Zumba Gold
Thursdays, January 13 – February 3, 2:00 p.m. – 2:55 p.m., Location: Social Hall
Cost: \$43 ~ Class #15400

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](#).

Annual Rose Pruning
Saturday, January 15, 10:00 a.m. – 1:00 p.m., Location: Lincoln Park, 1450 High Street
East Bay Rose Society members will provide a rose pruning demonstration including "Q & A" pertaining to rose care. Learn to prune like an expert by practicing your skills on the roses at Lincoln Park, 1450 High Street, Alameda. Weather permitting.

Thrift Shop Jewelry Sale
Tuesday, January 18, 10:00 a. m. – 1:00 p.m.
Gently used costume jewelry will be on sale outside the Thrift Shop. Come and see the bargains!

CIL PPE Giveaway Tabling Event
Wednesday, January 19, 11:00 a.m. – 12:00, Location: Parking Lot (outside of Dining Room 2)
FREE

The CIL and the State Council on Developmental Disabilities are giving away personal protective equipment, such as disposal masks, carry-on sized hand sanitizers, and face shields, while supplies last for people with disabilities and at-risk older adults. The CIL will also have resources and knowledge of our programs such as travel training, senior services, and more.

Anto Aghapekian Tribute Art Show and Reception

Thursday, January 20, 11:00 a.m.,

Location: Exhibit (Lobby, Music and Media Rooms) ~ Reception (Courtyard)

Anto Aghapekian (1940-2020) retired to Alameda and quickly became involved with Mastick Senior Center, taking ceramics, stained glass, exercise programs, academic courses, and volunteering. He thoroughly enjoyed every moment and made many friends. The Tribute art show of his works is an honor, and the family is looking forward to the reception and the opportunity to meet his classmates and friends.

Teens Teaching Technology

Thursday, January 20, 4:00 p.m. – 5:00 p.m., Location: Computer Lab (Room C)

FREE ~ Class #15007

This program is a collaboration between the Mastick Senior Center and the ARPD Teen Program. Teens will assist Mastick members with electronic devices such as, but not limited to, tablets, smart phones, and laptops. To register, [click here](#).

Hop on the Bus with Us!

Tuesday, January 25, 1:00 p.m. – 3:00 p.m., Location: Game Room

FREE ~ Class #15001

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, January 26, 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. Registration required, call (510) 747-7500.

Birthday Celebration

Thursday, January 27, 12:30 p.m. – 1:00 p.m., Location: Courtyard / Dining Room 2

FREE ~ Class #14861

Let's celebrate your special day! Join us on **Thursday, January 27**, for sweet treats and happy birthday wishes! To register, [click here](#) or call (510) 747-7500.

Music Appreciation ~ Waltzes from Many Lands

Thursday, January 27, 1:30 p.m. – 2:30 p.m., Location: Dining Room 2

FREE ~ Class #14709

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](#).

Transportation 101

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

FREE ~ Class #15004

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

Connections Support Group
Wednesday, February 16, 1:00 p.m. – 2:00 p.m., Location: Room D
FREE

The Connections Support Group offers a safe place for seniors to get together to receive information and resources for coping with today's life challenges. Participants will have an opportunity share their experiences on various topics affecting the senior population. 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 required, call (510) 747-7500.