

April 2023 ~ 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.

Line Dancing for Experienced Beginners

Mondays, April 3 – 24, 12:30 p.m. – 2:00 p.m., Location: Social Hall

Cost: \$35 ~ Class #19443

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.](#)

Square Dance

Mondays, April 3 – 24, 1:00 p.m. – 3:00 p.m., Location: Room A

Cost: \$2 at the door ~ Class #21719

Looking for an activity that offers great music, low-impact exercise, and the opportunity to meet new friends? Try Square dancing! Lessons are easy and fun while learning a variety of new dance moves. All levels welcome! For more information, [click here.](#)

New Class!!

New Class!!

Creative Writing: Tell Your Story

Tuesdays, April 4 – May 9, 10:00 a.m. – 12:00 p.m., Location: Media Room

Cost: \$120 ~ Class #21694

Have you considered writing about your life, as a legacy for your family, or just for fun? Whether you want to write a memoir, fictional autobiography, or creative nonfiction, tell the stories only you can tell! Through writing exercises, discussion of readings, and constructive group workshops on our drafts, we will learn how to captivate our readers. Taught by a published author, Dr. Kathleen Anderson, this class is for writers at all stages of their creative journey. To register, [click here.](#)

Hula 1

Tuesdays, April 4 - 25, 11:30 a.m. – 12:20 p.m., Location: Room A

Cost: \$43 ~ Class #19423

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 4 – 25, 12:30 p.m. – 1:20 p.m., Location: Room A

Cost: \$43 ~ Class #19427

This class welcomes all 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 the Hawaiian language. Participants should wear comfortable stretch clothing to allow for ease of movement. Fun, aloha, exercise, all in one place! To register, [click here.](#)

Book Club

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

FREE

Join Book Club members and discuss The Yellow House by Sarah M. Broom. Major Pettigrew's Last Stand by Helen Simonson will be reviewed on May 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.

Crimes Targeting Seniors: Charity Fraud

Tuesday, April 4, 1:00 p.m. – 2:00 p.m., Location: Room D

FREE ~ Class #19400

Join William Smith, a retired FBI Agent, to learn about charity fraud. Learn how these scams work and succeed, warning signs, things to consider before you donate, and what to do if you are a victim of fraud. To register, [click here](#).

Zumba Gold - Toning

Tuesdays, April 4 – 25, 2:00 p.m. – 2:55 p.m., Location: Social Hall

Cost: \$43 ~ Class #20273

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](#).

Movie Matinee

Wednesday, April 5, 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.

5 — Won't You Be My Neighbor? (2018)

BIOGRAPHY/DOCUMENTARY starring Fred Rogers, 1h 35m (PG-13)

This American documentary film is about the life and guiding philosophy of Fred Rogers, the host, and creator of Mister Rogers' Neighborhood. When Fred Rogers found his calling in television, his unassuming children's show was beloved by generations for his kindness, empathy, and understanding.

Line Dancing for Absolute Beginners

Wednesdays, April 5 - 26, 9:30 a.m. – 10:30 a.m., Location: Social Hall

Cost: \$35 ~ Class #19435

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](#).

Ballroom Dance

Wednesdays, April 5 - 26, 1:00 p.m. - 2:00 p.m., Location: Room A

Cost: \$23 ~ Class #20875

Dance of the Month: Rumba! You will learn the basic steps as well as proper posture and hold. After 4 lessons you will be able to dance around the room using 5 or 6 steps. To register, [click here.](#)

Fitness with Kendra

Thursdays, April 6 - 27, 11:45 a.m. – 12:45 p.m., Location: Social Hall

Cost: \$32 ~ Class #20270

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 are provided. No class: 4/13. To register, [click here.](#)

Zumba Gold

Thursdays, April 6 - 27, 2:00 p.m. – 2:55 p.m., Location: Social Hall

Cost: \$43 ~ Class #19514

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

Mastick Movie Club

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

FREE

Join Movie Club members for a discussion of Edward Norton and his films “Primal Fear” which also stars Richard Gere and “25th Hour” which also stars Phillip Seymour Hoffman. “Primal Fear” is on Prime & Paramount+ free with subscription and others for a small fee. “25th Hour” is available on several platforms for a small fee...Prime, AppleTV, Redbox and more. To join the discussion, email Ed Kallas, Recreation Supervisor I, at ekallas@alamedaca.gov

Qigong

Tuesdays, April 11 - May 16, 10:00 a.m. – 11:00 a.m., Location: Room A

Cost: \$59 ~ Class #19474

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 is easily modified for all fitness levels. To register, [click here.](#)

Scams Targeting Seniors: Tips for Protection and Prevention

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

FREE ~ Class #19481

Join an LAS Representative to learn about common scams and forms of fraud targeting seniors. Practical tips on how to recognize scams and protect yourself. Information on referral sources such as where to report fraud and where to get help. To register, [click here.](#)

Transportation 101

Tuesday, April 11, 1:00 p.m. – 3:00 p.m., Location: Dining Room 2

FREE ~ Class #21123

Join Katherine "Kat" Kaldis, Transportation Coordinator, to learn about the various transportation options (East Bay Paratransit, AC Transit Clipper card, FREE AC Transit Bus Pass, the AIM Program, and MORE!) available to Alameda residents. Bring your questions!

If you have any questions, email Kat Kaldis, Transportation Coordinator at kkaldis@alamedaca.gov or call 510-747-7513. Please register for this class. It will be canceled 24 hours prior to the workshop if there are not 5 confirmed attendees. To register, [click here.](#)

Crimes Targeting Seniors: IRS Fraud Scams

Tuesday, April 11, 1:00 p.m. – 2:00 p.m., Location: Room D

FREE ~ Class #20267

Join William Smith, a retired FBI Agent, to learn about charity fraud. Learn the types of scams, what the IRS will and won't do, steps to verify if scam, and what to do if suspicious or defrauded. To register, [click here.](#)

Qigong

Thursdays, April 13 - May 18, 10:00 a.m. – 11:00 a.m., Location: Room A

Cost: \$59 ~ Class #21252

Designed for more seasoned Qigong students or those who have taken Qigong at Mastick or somewhere else, previously. We will review and practice everything learned in Robert's Tuesday - class, refine those exercises and add more as time permits. Students may join at any time...register in person or over the phone to receive a prorated price. To register, [click here.](#)

Yoga with Dina

Tuesdays, April 18 – May 30, 9:00 a.m. – 10:15 a.m., Location: Social Hall

Cost: \$59 ~ Class #20285

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.](#)

Movie Matinee

Wednesday, April 19, 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.

19 —Murder Mystery (2019)

MYSTERY/ADVENTURE/COMEDY starring Jennifer Aniston & Adam Sandler, 1h 38m (PG-13)

A New York cop and his wife go on a European vacation to reinvigorate the spark in their marriage, but end up getting framed and on the run for the death of an elderly billionaire.

The Last Gift Box

Thursday, April 20, 1:30 p.m. – 2:30 p.m., Location: Room D

FREE ~ Class #20309

The Last Gift Box provides guidance as you organize the "business" aspects of your life and share with family and friends your decisions on how you wish to die and be remembered. It's doable and not overwhelming when you follow the outline shared in class. Tina Cole Kreitz offers real insights for documenting what YOU want. Using factual information and humor, she takes this challenging but 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.](#)

Teens Teaching Technology

Thursday, April 20, 4:00 p.m. – 5:00 p.m., Location: Room C

FREE~ Class #20260

This program is a collaboration between the Mastick Senior Center and the ARPD Teen Programs. Teens will assist Mastick members with their electronic devices which can include but are not limited to iPhones, Android smartphones, cell phones, tablets (iPads & Android), and laptops. To register, [click here.](#)

Alexander Technique and the Art of Moving Well

Tuesday, Wednesday & Thursday, April 25 - 27, 11:00 a.m. – 12:30 p.m., Location: Room D

Cost: \$48 ~ Class #19381

Are you moving to the best of your ability? Join Lenka Fejt, certified Alexander Technique teacher, (B.S. Kinesiology), and learn how to apply the Technique's principles to your daily movements. As a result, you will improve your health and overall functioning. To register, [click here.](#)



Yoga for Bone Health

Tuesdays, April 25 – June 13, 5:00 p.m. – 6:15 p.m., Location: Social Hall

Cost: \$67 ~ Class #21194

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.](#)

New Trip!!

New Trip!!

Mastick Trip: Santana Row "On Your Own"

Tuesday, April 25, 10:00 a.m. – 3:00 p.m., Location: Santana Row San Jose

Cost: \$17 ~ Class #21747

Enjoy the shops at Santana Row with your friends at Mastick Senior Center. Let Mastick do the driving...Climb aboard Mastick's mini-bus, enjoy the ride then shop and dine "on your own" or with the other 17 Mastick Travelers! Note that the bus will **not** have a restroom on it. Lunch is **not** included. Registration begins on Thursday, March 30 at 9:00 a.m. To register, [click here.](#)

Alameda Development and Architecture

Wednesdays, April 26 – June 7, 1:00 p.m. – 4:00 p.m., Location: Room D

FREE ~ Class #21416

Learn about Alameda history and architecture from the Gold Rush era to the 1930's. The program features slide shows and gentle self-guided walking tours. To register, [click here.](#)

Classroom sessions take place on 4/26, 5/3, 5/10, 5/17, 5/24, 5/31 and 6/7.

Self-guided walks take place on 4/27, 5/4, 5/11, 5/18, 5/25 and 6/1 from 1:00 - 2:00 PM

Crimes Targeting Seniors: Online Dating Scams

Wednesday, April 26, 1:00 p.m. – 2:00 p.m., Location: Media Room

FREE ~ Class # 19401

Join William Smith, retired FBI Agent, to learn about online dating scams, how to avoid them and what to do if you suspect that you are a victim of this kind of fraud. To register, [click here.](#)



Birthday Celebration **Join Us!**

Thursday, April 27, 12:30 p.m. – 1:00 p.m., Location: Courtyard

FREE

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

Music Appreciation – “Music for Springtime”

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

FREE

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

What to Do with Our Treasures? Who Gets Our Stuff?

Thursday, April 27, 1:30 p.m. – 2:30 p.m., Location: Room D

FREE ~ Class # 20307

Who gets Grandma's china? What to do with the dog? And the photos? Are we fair? Your home full of items asks for your attention. Learn to make these decisions and have discussions with your family and friends about who gets what. Often an overwhelming task, but Tina Cole Kreitz provides guidance and concrete ideas with humor and caring. You will leave the class with homework and support to get it done. To register, [click here.](#)

Chair Yoga

Mondays, May 1 – June 12, 11:00 a.m. – 12:00 p.m., Location: Social Hall

Cost: \$54 ~ Class #20204

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 5/29. To register, [click here.](#)

Line Dancing for Experienced Beginners

Mondays, May 1 – 22, 12:30 p.m. – 2:00 p.m., Location: Social Hall

Cost: \$35 ~ Class #20215

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.](#)

Hula 1

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

Cost: \$53 ~ Class #20275

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, May 2 - 30, 12:30 p.m. – 1:20 p.m., Location: Room A

Cost: \$53 ~ Class #20276

This class welcomes all 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 the Hawaiian language. Participants 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, May 2 - 30, 2:00 p.m. – 2:55 p.m., Location: Social Hall

Cost: \$53 ~ Class #19519

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.](#)

Fitness with Kendra

Tuesdays, May 2 - 30, 5:00 p.m. 6:00 p.m., Location: Social Hall

Cost: \$46 ~ Class #21610

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

Pilates (In-Person & via Zoom)

Wednesdays, May 3 – June 14, 9:00 a.m. – 10:00 a.m., Location: Room A

Cost: \$56 ~ Class #20205

Pilates is designed to develop muscular strength and tone core area. Controlled breathing and proper body alignment are key to achieving core and muscle balance. The session is varied to cover all core areas, legs, glutes, and arms and includes standing, sitting, and lying down positions. Prepare for class by having a yoga-type mat, comfortable clothing, a water bottle, and, dumbbells (not required). To register, [click here.](#)

Line Dancing for Absolute Beginners

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

Cost: \$43 ~ Class #19432

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 3 – June 14, 10:30 a.m. – 11:30 a.m., Location: Room A

Cost: \$56 ~ Class #20206

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.](#)

Line Dancing for Improvers

Wednesdays, May 3 - 31, 11:00 a.m. – 12:30 p.m., Location: Social Hall

Cost: \$43 ~ Class #19436

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.](#)

Ballroom Dance

Wednesdays, May 3 – June 7, 1:00 p.m. - 2:00 p.m., Location: Room A

Cost: \$28 ~ Class #20876

Dance of the Month: Night Club. You will learn the basic steps as well as proper posture and hold. After 4 lessons you will be able to dance around the room using 5 or 6 steps. To register, [click here.](#)

Fitness with Kendra

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

Cost: \$39 ~ Class #20271

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

Zumba Gold

Thursdays, May 4 - 25, 2:00 p.m. – 2:55 p.m., Location: Social Hall

Cost: \$43 ~ Class #20274

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

Free Preventative Benefits: What Medicare Covers in Full

Tuesday, May 9, 10:00 a.m. - 11:00 a.m., Location: Room D

FREE ~ Class #20272

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.](#)

Strength Training and Cardio

Fridays, May 5 – June 16, 10:45 a.m. – 11:45 a.m., Location: Room A

Cost: \$56 ~ Class #20207

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.](#)

Transportation 101 – Ask the Expert

Tuesday, May 9, 1:00 p.m. – 3:00 p.m., Location: Room D

FREE ~ Class #19504

Join Katherine "Kat" Kaldis, Paratransit Coordinator, to learn about the various transportation options (East Bay Paratransit, AC Transit Clipper card, FREE AC Transit Bus Pass, the AIM Program, and MORE!) available to Alameda residents. After, a transportation specialist from the City will join us to talk about the transportation plans for Alameda. Bring your questions! To register, call 510-747-7500 or [click here.](#)

How Do We Tell Mom and Dad? What Do We Tell the Kids?

Thursday, May 11, 1:30 p.m. 2:30 p.m., Location: Room D

FREE ~ Class #20312

Parents - what do you want your children to know about your decisions to downsize? How do you discuss who gets what treasures? Do they know your medical wishes? Do they know your wishes for how you wish to die and be remembered?

Children - What do you want your parent to know about your worries? How do you make sure they are safe? Do you know if their papers are in order? Do you know what they want if they get sick? How do you ask what they want to do with their house full of stuff?

Join Tina Cole Kreitz to discuss these important matters. Please consider making a \$5 donation to Mastick in class. To register, [click here.](#)

Hop on the Bus with Us!

Tuesday, May 16, 1:00 p.m. – 3:00 p.m., Location: Game Room

FREE ~ Class #20413

Interested in improving your transit skills or gaining more experience using AC Transit? If so, join us! We'll review trip planning before we hop on an AC Transit bus to explore Alameda. Space is limited. For more information, contact Kat Kaldis, Transportation Coordinator, at kkaldis@alamedaca.gov or call 510-747-7513. To register, [click here.](#)

A Taste of Salsa

Thursdays, May 18 – June 29, 12:15 p.m. – 1:00 p.m., Location: Room A

FREE ~ Class #21723

Join Joy who has been dancing since 1999 to learn the basics of Salsa dancing including footwork, left turn, right turn, and the cross-body lead. Taught on 1. Fun and 45 minutes of mild aerobic exercise is on the menu! No partner is required to participate as this is a footwork class. To register, [click here.](#)

New Trip!!

New Trip!!

Mastick Trip: Elkhorn Slough Safari

Thursday, May 18, 8:30 a.m. – 5:00 p.m., Location: Elkhorn Slough Safari

Cost: \$98 ~ Class #21739

Enjoy a scenic float on a pontoon boat in the Elkhorn Slough and lunch at Phil's Fish House. The activity level of this trip is easy...not much walking. Must be willing to get on to a boat. To register, [click here.](#)

New Trip!!

New Trip!!

Mastick Trip: Filoli Gardens

Wednesday, June 7, 8:30 a.m. – 4:00 p.m., Location: Filoli Gardens

Cost: \$85 ~ Class #21693

Filoli Gardens is recognized as one of the finest remaining country estates of the early 20th century, it is a remarkable 654-acre property, including 36,000 square-foot Georgian country house and a spectacular 16-acre English Renaissance garden. Filoli is a historic site of the National Trust for Historic Preservation and is dedicated to the preservation, interpretation, and stewardship of the cultural traditions and natural history of this country estate for public education and enjoyment. Enjoy a brief talk with a docent then walk the home and gardens at your own pace. Transportation and lunch are included. To register, [click here.](#)

New Trip!!

New Trip!!

Mastick Trip: Alameda County Fair

Friday, June 30, 11:30 a.m. – 5:00 p.m., Location: Alameda County Fair

Cost: \$5 ~ Class #21741

Thanks to a grant provided by the Alameda County Fair, Mastick Members age 62 and older may attend the fair at a reduced rate. Registration includes transportation on a climate controlled bus and admission to the fair. Members will be "on their own" at the fair and must return to the bus at the appointed time in order to receive a ride back to Mastick. Horse racing at 1:45 p.m. Registration begins on Friday, March 31 at 9:00 a.m. To register, [click here.](#)