

## July 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 Returning Beginners

**Mondays, July 3 - 31, 12:30 p.m. – 2:00 p.m., Location: Social Hall**

**Cost: \$43 ~ Class #21182**

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](#).

### Movie Matinee

**Wednesdays, July 5 & 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.

### **July 5 - Enola Holmes (2020) Action/Adventure/Crime starring Millie Bobby Brown, Henry Cavill, Sam Claflin, 2h 4m (PG-13)**

When Enola Holmes (Sherlock's teen sister) discovers her mother is missing, she endeavors to find her, becoming a super-sleuth in her own right as she outwits her famous brother and unravels a dangerous conspiracy.

### **July 19 - To Leslie (2022) Drama starring Andrea Riseborough, Drew Youngblood, Tom Virtue, 1h 59m (R)**

Inspired by true events. A West Texas single mother wins the lottery and squanders it just as fast, leaving behind a world of heartbreak. Years later, with her charm running out and nowhere to go, she fights to rebuild her life and find redemption.

### Line Dancing for Absolute Beginners

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

**Cost: \$35 ~ Class #21179**

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 Improvers

**Wednesdays, July 5 – 26, 11:00 a.m. – 12:30 p.m., Location: Social Hall**

**Cost: \$35 ~ Class #21176**

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, July 5 - 26, 1:00 p.m. - 2:00 p.m., Location: Room A**

**Cost: \$18 ~ Class #21191**

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. **No class on 7/19.** To register, [click here.](#)

### **Mastick Movie Club**

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

**FREE**

Join Movie Club members for a discussion of Alfred Hitchcock's film "To Catch a Thief" (1955) starring Cary Grant and Grace Kelly. "To Catch a Thief" is on Prime & Tubi free with subscription and others for a small fee. To join the discussion, email Ed Kallas, Recreation Supervisor I, at [ekallas@alamedaca.gov](mailto:ekallas@alamedaca.gov)

### **Seniors Sea Plane Lagoon Kayak Tour**

**Friday, July 7, 10:00 a.m. – 12:30 p.m., Location: Encinal Boat Ramp 190 Central Ave.**

**Cost: \$65 ~ Class #21186**

Join us for our most popular kayak tour. Paddle inside the Sea Plane Lagoon and learn about local marine life, upcoming Alameda Point development projects, the USS Hornet, and US Navy's MARAD fleet. Enjoy scenic views of SF and more! All abilities are welcome. To register, [click here.](#)

### **Qigong**

**Tuesdays, July 11 – August 15, 10:00 a.m. – 11:00 a.m., Location: Room A**

**Cost: \$59 ~ Class #21232**

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.](#)

### **Introduction to Android Devices**

**Tuesdays & Thursdays, July 11 – 18, 10:30 a.m. – 12:00 p.m., Location: via Zoom**

**FREE ~ Class #21196**

This class assumes no prior knowledge of Android mobile devices. Topics include: getting around on your device, how to organize your screens, email, texting, phone calls, Settings, photos, and battery management. This class is not for experienced Android users. To register, [click here.](#)

### **Hula 1**

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

**Cost: \$33 ~ Class #21223**

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, July 11 - 25, 12:30 p.m. – 1:20 p.m., Location: Room A**

**Cost: \$33 ~ Class #21229**

This class welcomes all who have danced the 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, July 11 - 25, 2:00 p.m. – 2:55 p.m., Location: Social Hall**

**Cost: \$33 ~ Class #21218**

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](#).

### Qigong

**Thursdays, July 13 – August 17, 10:00 a.m. – 11:00 a.m., Location: Room A**

**Cost: \$59 ~ Class #21234**

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's Tuesday class, refine those exercises and add more as time permits. To register, [click here](#).

### Zumba Gold

**Thursdays, July 13 - 27, 2:00 p.m. – 2:55 p.m., Location: Social Hall**

**Cost: \$33 ~ Class #21220**

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](#).

### Chair Yoga

**Mondays, July 17- August 28, 11:00 a.m. – 12:00 p.m., Location: Social Hall**

**Cost: \$54 ~ Class #21258**

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 8/7**. To register, [click here](#).

### Pilates (In-Person & via Zoom)

**Wednesdays, July 19 – August 30, 9:00 a.m. – 10:00 a.m., Location: Room A**

**Cost: \$54 ~ Class #21260**

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). **No class on 8/9**. To register, [click here](#).

### **Strength Training and Cardio**

**Wednesdays, July 19 – August 30, 10:30 a.m. – 11:30 a.m., Location: Room A**

**Cost: \$54 ~ Class #21262**

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. **No class on 8/9.** To register, [click here.](#)

### **Strength Training and Cardio**

**Fridays, July 21 – August 25, 10:45 a.m. – 11:45 a.m., Location: Room A**

**Cost: \$46 ~ Class #21264**

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. **No class on 8/11.** To register, [click here.](#)



### **Birthday Celebration    **Join Us!****

**Thursday, July 27, 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.

### **Music Appreciation**

**"Flavors of Spain: Joaquin Turina (1882-1949)"**

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

**FREE**

Join Bill Sturm, Volunteer, for a discussion and piano performance of Turina's vibrant music.

### **Yoga, Chanting, and Meditation with Dina**

**Thursdays, July 27 – August 31, 8:30 a.m. – 9:40 a.m., Location: Social Hall**

**Cost: \$53 ~ Class #22586**

Yoga stretches the body. Chanting vibrates the body, shutting out distractions so one can focus the mind making meditation easier. All three practices help a person attain inner peace and calm. The health benefits are many, better lung capacity, reduced blood pressure, slower breathing rate, improved memory and sleep. Class timing varies - Yoga 40 minutes, chanting 10 minutes, meditation 10 minutes, and relaxation 10 minutes. Beginners encouraged. Bring a sticky mat, strap and blanket or shawl. Dress in comfortable layers. **No class on 8/3.** To register, [click here.](#)

### **Yoga with Dina**

**Thursdays, July 27 – August 31, 10:00 a.m. – 11:15 a.m., Location: Social Hall**

**Cost: \$51 ~ Class #21317**

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.](#)

### **Spanish –Beginning**

**Mondays, July 31 - August 28, 9:00 a.m. – 10:00 a.m., Location: Room D**

**Cost: \$35 ~ Class #21209**

Learn reading, writing, vocabulary, and listening with the instructor's guidance. To register, [click here.](#)

### **Spanish –Conversation**

**Mondays, July 31 - August 28, 10:30 a.m. – 11:45 a.m., Location: Room D**

**Cost: \$45 ~ Class #21210**

Reinforce Spanish language skills via full class participation, reading, writing, grammar, and listening. To register, [click here.](#)

### **Hula 1**

**Tuesdays, August 1 - 29, 11:30 a.m. – 12:20 p.m., Location: Room A**

**Cost: \$53 ~ Class #21224**

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, August 1 - 29, 12:30 p.m. – 1:20 p.m., Location: Room A**

**Cost: \$53 ~ Class #21230**

This class welcomes all who have danced the 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.](#)

### **BaM (Balance and Mobility)**

**Tuesdays, August 1 – September 26, 12:15 p.m. – 1:05 p.m., Location: Social Hall**

**Cost: \$52 ~ Class #21158**

Improve balance, stability, mobility, and posture through core strengthening. Increase whole body strength to improve coordination (neuromuscular facilitation) and to assist in fall and injury prevention and recovery. **No class on 9/5 & 9/12.** To register, [click here.](#)

### **Zumba Gold Toning**

**Tuesdays, August 1 - 15, 2:00 p.m. – 2:55 p.m., Location: Social Hall**

**Cost: \$33 ~ Class #21253**

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.](#)

### **Line Dancing for Absolute Beginners**

**Wednesdays, August 2 - 30, 9:30 a.m. – 10:30 a.m., Location: Social Hall**

**Cost: \$43 ~ Class #21180**

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 Improvers**

**Wednesdays, August 2 - 30, 11:00 a.m. – 12:30 p.m., Location: Social Hall**

**Cost: \$43 ~ Class #21177**

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, August 2- 30, 1:00 p.m. - 2:00 p.m., Location: Room A**

**Cost: \$28 ~ Class #21191**

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.](#)

### **Zumba Gold**

**Thursdays, August 3 - 17, 2:00 p.m. – 2:55 p.m., Location: Social Hall**

**Cost: \$33 ~ Class #21254**

This modified Zumba dance class for active older adults recreates the original moves you love at a lower intensity. A typical class will feature 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 is required. To register, [click here.](#)

### **Fitness with Kendra**

**Thursdays, August 3 - 31, 11:45 a.m. - 12:45 p.m., Location: Social Hall**

**Cost: \$46 ~ Class #22751**

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.](#)

### **Seniors Sea Plane Lagoon Kayak Tour**

**Friday, August 4, 10:00 a.m. - 12:30 p.m., Location: Encinal Boat Ramp, 190 Central Ave.**

**Cost: \$65 ~ Class #21187**

Join us for our most popular kayak tour. Paddle inside the Sea Plane Lagoon and learn about local marine life, upcoming Alameda Point development projects, the USS Hornet, and US Navy's MARAD fleet. Enjoy scenic views of SF and more! All abilities are welcome. To register, [click here.](#)

### **Line Dancing for Returning Beginners**

**Mondays, August 7 - 28, 12:30 p.m. – 2:00 p.m., Location: Social Hall**

**Cost: \$35 ~ Class #21183**

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.](#)

### **Protecting Your Home Equity: PACE Loans, Reverse Mortgages**

**Tuesday, August 8, 10:00 p.m. – 11:00 p.m., Location: Room D**

**FREE~ Class #21732**

Defines common terms related to home ownership. Provides an overview of risks that could jeopardize ownership or equity. Discusses common financial issues related to home ownership and aging. Explains the basic structure of reverse mortgages and other types of equity-based loans and examines alternative options. To register, [click here.](#)

# **Mastick Trips**

## **Mastick Trip: San Francisco Symphony Open Rehearsal**

**Thursday, October 26, 8:30 a.m. – 3:30 p.m.**

**Cost: \$98 ~ Class #22771**

Enjoy an open rehearsal featuring "Harding Conducts the Planets". Conductor: Daniel Harding and Tenor: Andrew Staples. Lunch and transportation are included. To register, [click here.](#)

## **Mastick Trip: Nutcracker Suite (Diablo Ballet)**

**Saturday, November 4, 10:30 a.m. – 4:30 p.m., Location: Leshar Center for the Arts**

**Cost: \$81 ~ Class #22772**

Enjoy a perfect holiday treat performed by the Diablo Ballet at the Leshar Center for the Arts. Admission, lunch, and transportation are included. To register, [click here.](#)