

September 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.

French Translation – Intermediate

Fridays, September 1 - December 29, 10:00 a.m. – 11:00 a.m., Location: Room E
FREE ~ Class #22587

Ongoing French to English translation group. Basic knowledge of the French language is required. To register, [click here.](#)

French Conversation - Intermediate

Fridays, September 1 - December 29, 11:15 a.m. – 12:00 p.m., Location: Room E
FREE ~ Class #22588

Ongoing French conversation group. Basic knowledge of the French language is required. To register, [click here.](#)

Yoga with Dina

Tuesdays, September 5 – October 17, 9:00 a.m. – 10:15 a.m., Location: Social Hall
Cost: \$63 ~ Class #22591

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. No class on 10/3. To register, [click here.](#)

Qigong

Tuesdays, September 5 – October 10, 10:00 a.m. – 11:00 a.m., Location: Room A
Cost: \$59 ~ Class #22762

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.](#)

Holding Space 2

A Life of Joy through Positive Intelligence and Dream Building

Tuesdays, September 5 - October 24, 10:00 a.m. - 11:15 a.m., Location: Dining Room 2
Cost: \$53 ~ Class #22649

Use successful techniques to delve into understanding what stands in the way of finding more happiness in our lives. Proven strategies to help us think, talk, and write about how we want our encore years to be more joyful and satisfying than we have permitted ourselves to imagine. Meet our personal saboteurs, learn about the saboteurs' lies, and successful ways to handle them. Learn how our brains work and how that impacts our paths toward happiness. Continue the work started in Holding Space 1, where we learned how to be better listeners and communicators. Led by Sharon Cravanas, Certified Professional Coach / Diversity and Guidance Counselor. To register, [click here.](#)

Hula 1

Tuesdays, September 5 - 26, 11:30 a.m. – 12:20 p.m., Location: Room A

Cost: \$43 ~ Class #22698

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.](#)

Book Club

Tuesday, September 5, 12:15 p.m., Location: Zoom

FREE

Join Book Club members and discuss I Am Not Your Perfect Mexican Daughter by Erika Sanchez. Are you there, God? It's me, Margaret by Judy Blume will be reviewed on October 3. 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.

Transportation 101 – Transit App Training

Tuesday, September 5, 1:00 p.m. – 3:00 p.m., Location: Room D

FREE ~ Class #22745

Join Katherine "Kat" Kaldis, Paratransit Coordinator, to learn about the various transportation options (East Bay Paratransit, AC Transit Clipper card, Free AC Transit Bus Passes, the AIM Program, and MORE!) available to Alameda residents. Bring your questions! To register, [click here.](#)

Fitness for Seniors! Balance, Mobility&Stability

Tuesdays, September 5 – October 24, 5:15 p.m. – 6:05 p.m., Location: Room A

Cost: \$59 ~ Class #23530

Join fellow seniors in a safe and welcoming environment to feel safe when moving from place to place. Practice gentle movements that will help improve your balance, mobility, and stability. After taking this class you'll be able to sit and stand easier. Taking this class may also decrease your probability of falling and prevent injury. Exercises for strength and flexibility will be featured. Soft ambient music will be played during the session. No class on 9/26. To register, [click here.](#)

Hula 2

Tuesdays, September 5 - 26, 12:30 p.m. – 1:20 p.m., Location: Room A

Cost: \$43 ~ Class #22699

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.](#)

Pilates (In-Person & via Zoom)

Wednesdays, September 6 – October 25, 9:00 a.m. – 10:00 a.m., Location: Room A

Cost: \$71 ~ Class #21261

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, September 6 - 27, 9:30 a.m. – 10:30 a.m., Location: Social Hall

Cost: \$35 ~ Class #22706

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

Strength Training and Cardio

Wednesdays, September 6 – October 25, 10:30 a.m. – 11:30 a.m., Location: Room A

Cost: \$71 ~ Class #21263

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.](#)

Movie Matinee

Wednesday, September 6, 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.

6 — We Have a Ghost (2023) COMEDY/ADVENTURE starring David Harbour, Anthony Mackie 2h 7m (PG-13)

The discovery that their house is haunted by a ghost named Ernest makes Kevin's family a social media sensation. But when Kevin and Ernest get to the bottom of the mystery of Ernest's past, they become targets of the CIA.

Line Dancing for Improvers

Wednesdays, September 6 - 27, 11:00 a.m. – 12:30 p.m., Location: Social Hall

Cost: \$35 ~ Class #22710

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, September 6 - 27, 1:00 p.m. - 2:00 p.m., Location: Room A

Cost: \$23 ~ Class #22694

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.](#)

Yoga, Chanting, and Meditation with Dina

Thursdays, September 7 – October 19, 8:30 a.m. – 9:40 a.m., Location: Social Hall

Cost: \$63 ~ Class #22589

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, and 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 10/5.** To register, [click here.](#)

Qigong

Thursdays, September 7 – October 12, 10:00 a.m. – 11:00 a.m., Location: Room A

Cost: \$59 ~ Class #22763

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.](#)

Yoga with Dina

Thursdays, September 7 – October 19, 10:00 a.m. – 11:15 a.m., Location: Social Hall

Cost: \$63 ~ Class #22593

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. No class on 10/5. To register, [click here.](#)

Fitness with Kendra

Thursdays, September 7 - 28, 11:45 a.m. - 12:45 p.m., Location: Social Hall

Cost: \$39 ~ Class #22753

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.](#)

Italian Conversation

Fridays, September 8 - December 29, 10:00 a.m. – 11:30 a.m., Location: Room D

FREE ~ Class #21740

Ongoing Italian conversation group who meet to practice language skills. Participants should have a basic understanding of Italian, e.g., knowledge of present, future, imperfect, and past perfect verb tenses, formation of plurals, etc. Otherwise, all fluency levels are welcome. The group generally reads beginner and advanced beginner books. There is little to no formal instruction. To register, [click here.](#)

Strength Training and Cardio

Fridays, September 8 – October 27, 10:45 a.m. – 11:45 a.m., Location: Room A

Cost: \$71 ~ Class #21265

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.](#)

Chair Yoga

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

Cost: \$71 ~ Class #21259

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

Line Dancing for Returning Beginners

Mondays, September 11 - 25, 12:30 p.m. – 2:00 p.m., Location: Social Hall

Cost: \$27 ~ Class #22714

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.](#)

Alameda Sings! (Alameda Community Chorus- ACC)

Mondays, September 11 – December 4, 7:00 p.m. – 9:00 p.m., Location: Dining Room 2

Cost: \$160 ~ Class #22581

Alameda Sings! (Alameda Community Chorus) is open to any adult who likes to sing. No auditions required. Two concerts per year, Fall and Spring. No class on 10/9 and 11/20. To register, [click here.](#)

Zumba Gold Toning

Tuesdays, September 12 – October 3, 10:30 a.m. – 11:25 a.m., Location: Social Hall

Cost: \$43 ~ Class #22652

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.](#)

Caretaker Fraud: (Family and Non-Family)

Thursday, September 14, 11:00 a.m. – 1:00 p.m., Location: Room D

FREE ~ Class #22635

Join William Smith, retired FBI Agent, to learn about the scope of the problem, types of caretaker fraud, factors leading to it, how rationalized the offender is, ways to prevent it, and what to do if detected. To register, [click here.](#)

Spanish - Beginning

Mondays, September 18 – November 6, 9:00 a.m. – 10:00 a.m., Location: Room D

Cost: \$50 ~ Class #22616

A second language is always an asset and Spanish is one of the best. Full class participation in reading, writing, listening, vocabulary and grammar while learning Spanish. To register, [click here.](#)

Spanish - Conversation

Mondays, September 18 – November 6, 10:30 a.m. – 11:45 a.m., Location: Room D

Cost: \$50 ~ Class #22617

Learn reading, writing, listening, grammar and listening while enjoying Spanish as a second language. To register, [click here.](#)

Bay Area Mystery Writers Presentation

Tuesday, September 19, 1:00 p.m. – 3:00 p.m., Location: Media Room

FREE ~ Class #23770

Join *The Ladies of Mystery* (Local Authors), D.Z. Church, Janet Dawson, Heather Haven and Margaret Lucke for a lively discussion about mysteries and writing at The Mastick Senior Center. To register, [click here.](#)

Hop on the Bus with Us!

Tuesday, September 19, 11:00 a.m. – 1:00 p.m., Location: Room D

FREE ~ Class #22742

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.](#)

Movie Matinee

Wednesday, September 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 that include current blockbusters as well as the classics. Space is limited.

20 —Bombshell: The Hedy Lamarr Story (2017) DOCUMENTARY/HISTORY/BIOGRAPHY

1h 28m

Inspiring and tragic, *Bombshell* is a bittersweet celebration and reclamation of Hedy Lamarr's journey from Hollywood legend to technology genius.

Nursing Homes (What to Know and How to Select One)

Thursday, September 21, 11:00 a.m. – 1:00 p.m., Location: Room D

FREE ~ Class #22636

Join William Smith, retired FBI Agent, to learn about who goes into nursing homes, short and long-term stays, staffing and its impact on residents, and measures to consider when selecting a facility. To register, [click here](#).

Alexander Technique: The Art of Walking Well

Tues., Wed. & Thurs., September 26, 27 & 28, 10:00 a.m.– 11:30 a.m., Location: Dining Room 2

Cost: \$48 ~ Class #22239

Walking daily is considered one of the most effective ways to maintain good health. Alexander Technique is a well-known educational method that teaches you to understand the proper mechanics of walking, and how to work with your body, legs, and feet; not against them. Instructor: Lenka Fejt, Alexander Technique Teacher, B.S. in Exercise and Movement Sciences with emphasis on the older population. To register, [click here](#).

September Birthday Celebration **Join Us!**

Thursday, September 28, 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: "Romantic from Bohemia: Josef Suk (1874-1935)"

Thursday, September 28, 1:30 p.m., Location: Dining Room 2

FREE

Join Bill Sturm, a Volunteer, for a discussion and piano performance of works by this prominent Czech composer.

Line Dancing for Returning Beginners

Mondays, October 2 - 23, 12:30 p.m. – 2:00 p.m., Location: Social Hall

Cost: \$35 ~ Class #22716

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, October 3 - 31, 11:30 a.m. – 12:20 p.m., Location: Room A

Cost: \$53 ~ Class #22700

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, October 3 - 31, 12:30 p.m. – 1:20 p.m., Location: Room A

Cost: \$53 ~ Class #22703

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, October 3 – December 19, 12:15 p.m. – 1:05 p.m., Location: Social Hall

Cost: \$87 ~ Class #22570

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

Line Dancing for Absolute Beginners

Wednesdays, October 4 - 25, 9:30 a.m. – 10:30 a.m., Location: Social Hall

Cost: \$35 ~ Class #22707

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, October 4 - 25, 11:00 a.m. – 12:30 p.m., Location: Social Hall

Cost: \$35 ~ Class #22711

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, October 4 - 25, 1:00 p.m. - 2:00 p.m., Location: Room A

Cost: \$23 ~ Class #22695

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.](#)

Texting Scams

Wednesday, October 4, 11:00 a.m. – 1:00 p.m., Location: Room D

FREE ~ Class #22637

Join William Smith, retired FBI Agent, to learn about the use of the telephone text messages to get people to respond to, and thereafter provide the information needed to access their bank and credit card accounts, or to install malware on the phone. To register, [click here.](#)

Zumba Gold

Fridays, October 6 - 27, 10:30 a.m. – 11:25 a.m., Location: Social Hall

Cost: \$43 ~ Class #22654

Zumba Gold is a modified Zumba dance class that 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. This dance-based class will get you moving and having fun. No dance experience, exercise equipment, or running is required. To register, [click here.](#)

Zumba Gold Toning

Tuesdays, October 10 - 31, 10:30 a.m. – 11:25 a.m., Location: Social Hall

Cost: \$43 ~ Class #22655

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

Tuesday, October 17 – November 21, 10:00 a.m. – 11:00 a.m., Location: Room A

Cost: \$59 ~ Class #22764

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.](#)

Transportation 101 – Transit App Training

Tuesdays, October 17, 1:00 a.m. – 3:00 p.m., Location: Room D

FREE ~ Class #22746

Join Katherine "Kat" Kaldis, Paratransit Coordinator, to learn about the various transportation options (East Bay Paratransit, AC Transit Clipper card, Free AC Transit Bus Passes, the AIM Program, and MORE!) available to Alameda residents. Bring your questions! To register, [click here.](#)

Yoga for Bone Health

Tuesdays, October 17 – December 19, 5:15 p.m. – 6:30 p.m., Location: Social Hall

Cost: \$83 ~ Class #21773

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.](#)

IRS Fraud

Wednesday, October 18, 11:00 a.m. – 1:00 p.m., Location: Room D

FREE ~ Class #22638

Join William Smith, retired FBI Agent, to learn about IRS Imposter scams, types of IRS scams, What the IRS will and won't do, and what to do if you receive a suspicious call or email from the IRS. To register, [click here.](#)

Qigong

Thursday, October 19 – November 23, 10:00 a.m. – 11:00 a.m., Location: Room A

Cost: \$59 ~ Class #22765

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.](#)

The Last Gift Box

Thursday, October 19, 10:00 a.m. – 11:30 a.m., Location: Room D

FREE ~ Class #23495

The Last Gift Box provides guidance as you organize the "business" aspects of your life and share with your 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. To register, [click here.](#)

Mastick Trips

Mastick Trip: San Francisco Symphony Open Rehearsal

Thursday, October 26, 8:30 a.m. – 3:30 p.m., Location: City of San Francisco

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: Leshner Center for the Arts

Cost: \$81 ~ Class #22772

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

Mastick Trip: Craig Smith: SF Holiday Lights Tour

Wednesday, December 6, 3:30 p.m. – 10:30 p.m., Location: City of San Francisco

Cost: \$85 ~ Class #23540

Craig Smith is a San Francisco fixture and leads first rate tours. Join Mastick as we wonder to Holiday Lights and attractions around San Francisco. Highlights include Gingerbread entries at the Ferry Building, Sea Lions at sunset with Golden Gate Bridge, Pier 39 Christmas Tree Light Show, Ghiradelli Square decor, Union Street, California Ave. favorites including Huntington Park, Fairmont and Ritz Carlton Hotels. Enjoy The Civic Center Tree, Opera House, Symphony Hall, Golden Gate Park, Conservator of Flowers Light Show, new GG Park Goldman Tennis Courts then complete the fun with the Ferris wheel lit up by the de Young Museum. In the middle of all of this you'll enjoy a festive dinner at Swiss Louie's! To register, [click here.](#)