

October 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.

Diabetes Support Group

Fourth Wednesday of each month, 10:00 a.m. – 12:00 p.m., Location: Room E
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. For more information, call 510-383-5185. To join this group, call 510-747-7500.

Knitting Circle

Wednesdays, ongoing, 1:00 p.m. – 3:00 p.m., Location: Room B
FREE

Share projects, conversation, and fun! No instruction, however, beginners are welcome and will be supported. No registration required.

French Conversation - Intermediate

Fridays, ongoing, 11:10 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](#).

German Reading and Conversation – Intermediate

Fridays, ongoing, 10:00 a.m. - 12:00 p.m., Location: via Zoom
FREE ~ Class #21781

This group focuses on practicing intermediate German reading and conversation. To register, [click here](#).

Italian Conversation

Fridays, ongoing, 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](#).

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](#).

Paul Hauser - Book Review and Signing

Tuesday, October 3, 10:00 a.m. – 12:00 p.m., Location: Media Room

FREE

Join local author and Mastick member, Paul Hauser, as he talks about his latest book, Out of Nowhere: A Near Death Experience. The events in the book took place during his 1955 high school spring break while hiking with three classmates into the Havasupai Indian Reservation in the bottom of the Grand Canyon. The first 15 people in attendance receive a free signed copy of the book! No registration required.

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 bit of the Hawaiian language. Wear comfortable stretch clothing to allow for ease of movement. Fun, aloha, exercise, all in one place! To register, [click here](#).

Book Club

Tuesday, October 3, 12:15 p.m., Location: Zoom

FREE

Join Book Club members and discuss Are you there, God? It's me, Margaret by Judy Blume. The Personal Librarian by Marie Benedict and Victoria Christopher Murray will be reviewed on November 7. 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.

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](#).

East Bay Parks: Nature to You

Wednesday, October 4, 10:00 a.m. – 11:00 a.m., Location: Media Room

FREE ~ Class #23789

Join Naturalists from the East Bay Regional Park District in a program about local reptiles and amphibians. How do these different groups of animals differ from each other? Which ones are native to the Bay Area and which have been introduced? How are they adapted to survive in their environment? Meet and touch live animals during this fun, educational and interactive program! 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, and learn how telephone text messages are used to get people to respond and provide confidential information so scammers are able to access bank and credit card accounts or install malware. To register, [click here.](#)

Movie Matinee

Wednesday, October 4, 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.

4 — The Wife (2017) DRAMA starring Glenn Close, Jonathan Pryce

1h 39m (R)

A wife questions her life choices as she travels to Stockholm to see her husband receive the Nobel Prize for Literature.

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. Get 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.](#)

The ABCs of LTC: An Overview of Long Term Care Insurance

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

FREE ~ Class #21736

Describes what long term care is and what Medicare and Medi-Cal cover. Explains the different ways of obtaining and financing long term care. Focuses on the features, pros and cons of long term care insurance. Offers guidelines for purchasing long term care insurance and explains how policies covering home and community-based care, stand alone or comprehensive, can help someone remain safely at home. To register, [click here.](#)

Alameda Police Department Community Beat Meeting

Tuesday, October 10, 6:00 p.m. – 8:00 p.m., Location: Room D

The Alameda Police Department hosts quarterly community beat meetings in an effort to create direct lines of communication between residents and the APD officers and lieutenants who directly serve your jurisdiction. Community members will learn more about activities in their neighborhoods and have the ability to collaboratively address public safety matters in their direct area. These meetings are intended to be attended by residents and business owners who reside in their designated beat in order to collaboratively work together to formulate and address concerns that directly impact their immediate neighborhoods. For more information, [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

Tuesday, October 17, 1:00 p.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, 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](#).

Movie Matinee

Wednesday, October 18, 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.

18 – Tell Me Who I Am (2019) DOCUMENTARY/DRAMA/MYSTERY

1h 26m

After losing his memory in an accident, Alex Lewis trusts his twin brother, Marcus, to tell him about his past only to discover that he's hiding a dark secret about their childhood.

Senior Connections & Resource Information

Wednesday, October 18, 1:00 p.m. – 2:00 p.m., Location: Room D

FREE

The Senior Connections Case Manager provides resources, referrals, and information to assist with working through life's complex issues. Program provided by Alameda Family Services and funded in part by the Mastick Senior Center Advisory Board. No registration required. If you have questions, please call 510-747-7505.

Qigong

Thursdays, 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 Dorsett'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 loved ones 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](#).

Yoga with Dina

Tuesdays, October 24 – December 12, 9:00 a.m. – 10:15 a.m., Location: Social Hall

Cost: \$73 ~ Class #22592

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 11/21. To register, [click here](#).

October Birthday Celebration *Join Us!*
Thursday, October 26, 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: "Composer from Boston: Arthur Foote (1853-1937)"
Thursday, October 26, 1:30 p.m., Location: Dining Room 2
FREE

Join Bill Sturm, Volunteer, for a discussion and piano performance of music by this important American composer.

Yoga, Chanting, and Meditation with Dina
Thursdays, October 26 – December 14, 8:30 a.m. – 9:40 a.m., Location: Social Hall
Cost: \$73 ~ Class #22590

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 11/23. To register, [click here](#).

Yoga with Dina
Thursdays, October 26 – December 14, 10:00 a.m. – 11:15 a.m., Location: Social Hall
Cost: \$73 ~ Class #22594

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 11/23. To register, [click here](#).



Halloween Dance
Monday, October 30, 12:30 p.m. – 2:00 p.m., Location: Social Hall
Cost: \$3 at the door

Dress for the holiday and join Line Dance instructor extraordinaire, Susie, as she leads a variety of dances. Rob Schmidt is our guest volunteer Dee Jay. Light refreshments provided. Join the fun!!

Halloween Parade and Treats for Children!
Tuesday, October 31, 12:00 p.m.,
Location: Courtyard near Dining Room I
FREE!



Enjoy the holiday by watching the children from ABC Preschool parade around in their Halloween costumes. Then, hand out treats to the kids (treats provided by Mastick). Mastick Members are welcome to bring their grandchildren to participate in the parade and treats. No registration required. Those bringing children should arrive at 11:40 a.m.

Line Dancing for Absolute Beginners

Wednesdays, November 1 - 29, 9:30 a.m. – 10:30 a.m., Location: Social Hall

Cost: \$35 ~ Class #22708

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. No class on 11/22. To register, [click here.](#)

Internet Fraud

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

FREE ~ Class #22639

Join William Smith, retired FBI Agent, to learn how scammers provide incorrect information over the internet in order to commit identity theft and trick people out of their money. Learn common types of internet fraud and why seniors and others fall for these scams. To register, [click here.](#)

Line Dancing for Improvers

Wednesdays, November 1 - 29, 11:00 a.m. – 12:30 p.m., Location: Social Hall

Cost: \$35 ~ Class #22712

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. No class on 11/22. To register, [click here.](#)

Ballroom Dance

Wednesdays, November 1 - 29, 1:00 p.m. - 2:00 p.m., Location: Room A

Cost: \$28 ~ Class #22696

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

Fridays, November 3 – December 15, 10:30 a.m. – 11:25 a.m., Location: Social Hall

Cost: \$43 ~ Class #22656

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. Get moving and having fun! No dance experience, exercise equipment, or running is required. No class on 11/10, 11/24 and 12/8. To register, [click here.](#)

Strength Training and Cardio

Fridays, November 3 – December 22, 10:45 a.m. – 11:45 a.m., Location: Room A

Cost: \$54 ~ Class #22611

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 11/10 and 11/24. To register, [click here.](#)

Chair Yoga

Mondays, November 6 - December 18, 11:00 a.m. – 12:00 p.m., Location: Social Hall

Cost: \$63 ~ Class #22608

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, November 6 - 27, 12:30 p.m. – 2:00 p.m., Location: Social Hall

Cost: \$27 ~ Class #22717

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.](#)

Zumba Gold Toning

Tuesdays, November 7 - December 12, 10:30 a.m. – 11:25 a.m., Location: Social Hall

Cost: \$53 ~ Class #22657

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. No class on 11/21. To register, [click here.](#)

Hula 1

Tuesdays, November 7 - 28, 11:30 a.m. – 12:20 p.m., Location: Room A

Cost: \$43 ~ Class #22701

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, November 7 - 28, 12:30 p.m. – 1:20 p.m., Location: Room A

Cost: \$43 ~ Class #22704

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 bit of the Hawaiian language. 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, November 8 – December 20, 9:00 a.m. – 10:00 a.m., Location: Room A

Cost: \$63 ~ Class #22609

Pilates is designed to develop muscle strength, balance, and tone. Controlled breathing and proper body alignment are key. Session includes standing, sitting, 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.](#)

Strength Training and Cardio

Wednesdays, November 8 – December 20, 10:30 a.m. – 11:30 a.m., Location: Room A

Cost: \$63 ~ Class #22610

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.](#)

Medicare and the Annual Enrollment Period: Changes for 2024
Tuesday, November 14, 10:00 a.m. – 11:00 a.m., Location: Room D
FREE ~ Class #21734

Enrollment Period is October 15 - December 7. Learn information on upcoming changes to the Medicare Prescription Drug Plan (Part D) and Medicare Advantage Plan (Part C), an overview of eligibility, costs, benefits, changes to Medicare Parts A and B, and options for supplementing Medicare and getting help with medical costs (Extra Help Program) included. To register, [click here.](#)

Transportation 101 – Transit App Training
Tuesday, November 14, 1:00 p.m. – 3:00 p.m., Location: Room D
FREE ~ Class #22747

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.](#)

Social Security Fraud
Wednesday, November 15, 11:00 a.m. – 1:00 p.m., Location: Room D
FREE ~ Class #22641

Join William Smith, retired FBI Agent, to learn the scope of Social Security Fraud, why seniors are targeted, types of social security email and phone scams, and how they are committed. To register, [click here.](#)

Mastick Trips

Mastick Trip: San Francisco Symphony Open Rehearsal

Thursday, October 26, 8:30 a.m. – 3:00 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 Louis's! To register, [click here.](#)