

December 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. The group generally reads beginner and advanced beginner books. There is little to no formal instruction. To register, [click here](#).

Fall Prevention Workshop

Monday, December 4, 11:00 a.m. – 12:00 p.m., Location: Media Room

FREE ~ Class# 24112

Sonam Patel started her Alameda-based Physical Therapy practice after 12 years of experience in the field. She has a master's and doctorate in physical therapy and is American Board Certified in orthopedics. Sonam promotes good health and techniques that prevent falls. This initiative is focused on educating and empowering individuals of all ages to adopt healthy habits, improving strength and balance and reducing the risk of falls through targeted exercises and lifestyle modifications. To register, [click here](#).

Pickleball Intermediate Game Analyses

Mondays, December 4 – December 18, 12:30 p.m. – 2:00 p.m.

Location: Lincoln Park Pickleball Courts

Cost: \$87 ~ Class #24249

Learn Pickleball strategies and skills via game play analysis conducted by Marcia Neishi, Certified Instructor. To register, [click here](#).

Line Dancing for Returning Beginners

Mondays, December 4 - 18, 12:30 p.m. – 2:00 p.m., Location: Social Hall

Cost: \$27 ~ Class #22718

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](#).

Qigong

Tuesdays, December 5 – January 9, 10:00 a.m. – 11:00 a.m., Location: Room A

Cost: \$59 ~ Class #23935

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](#).

Hula 1

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

Cost: \$43 ~ Class #22702

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

Cost: \$43 ~ Class #22705

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, December 5, 12:15 p.m., Location: Zoom

FREE

Join Book Club members and discuss The Thursday Murder Club by Richard Osman. 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.

Movie Matinee

Wednesday, December 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 -- May December (2023)

DRAMA starring Natalie Portman, Julianne Moore

1h 57m (R)

Twenty years after their notorious tabloid romance gripped the nation, a husband and wife buckle under pressure, when an actress arrives to do research for a film about their past.

Line Dancing for Absolute Beginners

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

Cost: \$27 ~ Class #22709

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

Cost: \$27 ~ Class #22713

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](#).

Charity Fraud

Wednesday, December 6, 11:00 a.m. – 1:00 p.m., Location: Room D

FREE~ Class #22642

Join William Smith, retired FBI Agent, to learn the scope of the problem, types of charity scams, how scams work, warning signs, things to do before you donate, and what to do if you become a victim of charity fraud. To register, [click here](#).

Qigong

Thursdays, December 7 – January 11, 10:00 a.m. – 11:00 a.m., Location: Room A

Cost: \$59 ~ Class #23936

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](#).

Fitness with Kendra

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

Cost: \$30 ~ Class #23813

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.](#)

Zumba Gold Toning Express

Thursdays, December 7 – December 21, 11:15 a.m. – 12:00p.m., Location: Room A

Cost: \$27 ~ Class #24236

Zumba Gold Toning Express with Mel Snell! This class incorporates lightweight resistance training into the cardio program focusing on building muscle strength, tone and endurance. To register, [click here.](#)

Scams Targeting Older Veterans: Avoid & Get Help

Tuesday, December 12, 10:00 a.m. – 11:00 a.m., Location: Room D

FREE ~ Class #21735

Join a LAS Representative to learn about common scams targeting veterans. Review case studies of scams that have been used in the past. Learn how to spot "red flags" before it's too late. Learn about resources to report and get help when one comes across a scam. To register, [click here.](#)

On Line Dating Fraud

Wednesday, December 13, 11:00 a.m. - 1:00 p.m., Location: Room D

FREE ~ Class #22643

Join William Smith, retired FBI Agent, to learn the scope of the problem, why scammers target seniors, types of scams, the techniques used, what to be aware of, how to avoid these scams, and things to consider before meeting or sending money. To register, [click here.](#)

Hop on the Bus with Us!

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

FREE ~ Class #22744

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.](#)

Teens Teaching Technology

Thursday, December 14, 4:00 p.m. – 5:00 p.m., Location: Room C

FREE~ Class #22740

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

Zumba Gold Toning

Tuesdays, December 19 - January 2, 10:30 a.m. – 11:25 a.m., Location: Social Hall

Cost: \$33 ~ Class #24246

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, December 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 -- You Are So Not Invited to My Bat Mitzvah (2023)

COMEDY starring Adam Sandler, Idina Menzel

1h 43m (PG-13)

Stacy and Lydia are BFFs who've always dreamed of having epic Bat Mitzvahs. However, things start to go comically awry when a popular boy and middle school drama threatens their friendship and their rite of passage.

Zumba Gold

Fridays, December 22 – January 5, 10:30 a.m. – 11:25 a.m., Location: Social Hall

Cost: \$33 ~ Class #24247

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](#).

December Birthday Celebration **Join Us!**

Thursday, December 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.



Book Club

Tuesday, January 2, 12:15 p.m., Location: Zoom

FREE

Join Book Club members and discuss The Bean Trees by Barbara Kingsolver. 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, January 2 – April 23, 12:15 p.m. – 1:05 p.m., Location: Social Hall

Cost: \$122 ~ Class #23982

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](#).

Yoga for Bone Health

Tuesdays, January 2 – February 20, 5:15 p.m. – 6:30 p.m., Location: Social Hall

Cost: \$67 ~ Class #23976

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](#).

AARP Smart Driving Course (Standard Course)

Wednesdays, January 3 & January 10, 9:30 a.m. - 1:30 p.m., Location: Media Room

Cost: \$20 per person for AARP members (AARP ID# required) / \$25 for non-AARP members / Free with United HealthCare insurance proof

The AARP Smart Driver Refresher Course is a two-day class. The class is taught by a trained AARP Volunteer Instructor. Participants must be 50 years of age or older to attend. Advance registration and payment (by **cash or check** made payable to AARP) must be completed in the Mastick Lobby. If you have questions, please call 510-747-7500.

Line Dancing for Absolute Beginners

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

Cost: \$43 ~ Class #23873

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 High Beginners

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

Cost: \$43 ~ Class #23877

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](#).

Pickleball Learn to Play

Thursdays, January 4 – January 25, 11:00 a.m. – 12:30 p.m.

Location: Lincoln Park Pickleball Courts

Cost: \$113 ~ Class #24135

This class is designed for beginners and for first time players! You will learn basic shots like the dink, volley, serve and return of serve. Court positioning and basic strategy will be discussed. Start your lifelong enjoyment of this fastest growing sport! Taught by Marcia Neishi who is both a skilled tournament player as well as a certified instructor through the International Pickleball Teaching Professional Association. To register, [click here](#).

Pickleball Intermediate Drills

Thursdays, January 4 – January 25, 1:00 p.m. – 2:00 p.m.

Location: Lincoln Park Pickleball Courts

Cost: \$85 ~ Class #24136

Improve your game and sharpen your skills! Enjoy drills designed to benefit the intermediate level player. Designed and run by Marcia Neishi, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association. To register, [click here](#).

Pickleball Advanced Drills

Thursdays, January 4 – January 25, 2:00 p.m. – 3:00 p.m.

Location: Lincoln Park Pickleball Courts

Cost: \$85 ~ Class #24137

Ongoing. For beginners and intermediate beginners. Introduction to Egyptian folkloric dance and music. The use of finger symbals, dance veil and canes are also used in this ethnic dance. A slow warmup to relax the muscles begins this class and ends with a slow cool down. To register, [click here](#).

Egyptian Folkloric Dance

Fridays, January 5 - May 31, 9:00 a.m. – 10:30 a.m., Location: Room A

FREE ~ Class #24248

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](#).

Chair Yoga

Mondays, January 8 - February 26, 11:00 a.m. – 12:00 p.m., Location: Social Hall

Cost: \$54 ~ Class #24029

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](#).

Get Balanced at Waters Edge Lodge

Mondays & Wednesdays, January 8 – April 3, 11:00 a.m. – 12:00 p.m.,

Location: 801 Island Drive

Cost: \$123 ~ Class #24018

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. Practice "After a Fall Recovery Sequence" and progress from mostly seated to mostly standing. No class on 1/15 & 2/19. To register, [click here](#).

Fitness for Seniors! Balance, Mobility & Stability

Mondays, January 8 – February 26, 12:15 p.m. – 1:05 p.m., Location: Room A

Cost: \$71 ~ Class #24031

Join fellow seniors in a safe and welcoming environment to feel safe when moving from place to place. Practice gentle movements which 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. To register, [click here](#).

Line Dancing for Returning Beginners

Mondays, January 8 - January 29, 12:30 p.m. – 2:00 p.m., Location: Social Hall

Cost: \$27 ~ Class #23881

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](#).

Pickleball “The 4th Short” Most Ignored Weapon; Clinic

Monday, January 8, 12:30 p.m. – 2:00 p.m.

Location: Lincoln Park Pickleball Courts

Cost: \$29 ~ Class #24138

Learn how to attack your opponents on the 4th shot. Designed and run by Marcia Neishi, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association. To register, [click here](#).

Get Balanced at Waters Edge Lodge

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

Location: 801 Island Drive

Cost: \$123 ~ Class #24019

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. Practice "After a Fall Recovery Sequence" and progress from mostly seated to mostly standing. No class on 1/15 & 2/19. To register, [click here](#)

Coming Fully Alive As You Age

Mondays, January 8 – January 29, 10:00 a.m. – 11:15 a.m., Location: Room E

Cost: \$38 ~ Class #24350

Explore the positives of aging and ways to have a happier life in the later years. Classes include Finding Meaning in Life; Being Fully Alive in Body, Mind and Spirit; Aging as a Spiritual Journey; and The Uplifting Power of Humor, Pets, and Art. It incorporates new research on the Blue Zones of the world. To register, [click here](#).

Yoga with Dina

Tuesdays, January 9 – February 27, 9:00 a.m. – 10:15 a.m., Location: Social Hall

Cost: \$73 ~ Class #23991

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](#).

Medicare Alert: Prevent Medicare Fraud & Abuse

Tuesday, January 9, 10:00 a.m. – 11:00 a.m., Location: Room D

FREE ~ Class #24011

Join a HICAP Representative to learn about the types of fraud and abuse prevalent in the Medicare system. Gain increased awareness of health care scams, how to protect against them, identifying fraud and abuse, and where to report it. To register, [click here](#).

Zumba Gold Toning

Tuesdays, January 9 - February 13, 10:30 a.m. – 11:25 a.m., Location: Social Hall

Cost: \$53 ~ Class #24084

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](#).

Alameda Community Band-Winter 2024
Tuesdays, January 9 – April 9, 7:00 p.m. – 10:00 p.m.,
Location: Alameda High School Band Room
Cost: \$78 ~ Class #24093

This class is made up of woodwind, brass, and percussion instrumentalists. Some ability on your instrument is required. There are weekly rehearsals leading to a series of concerts. Rehearsals are at Alameda High School in the Band Room. No class on 2/20 & 4/9. To register, [click here](#).

The Great American Song Book

Wednesdays, January 10 – May 8, second week of every month, 1:30 p.m. – 3:00 p.m.,
Location: Dining Room 2
FREE

Join pianist Glenn Fong for a musical journey! **No registration required**, simply join on the 2nd Wednesday of the Month.

Pilates (In-Person & via Zoom)

Wednesdays, January 10 – February 28, 9:00 a.m. – 10:00 a.m., Location: Room A
Cost: \$63 ~ Class #24032

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](#).

Yoga with Dina

Thursdays, January 11 – February 29, 10:00 a.m. – 11:15 a.m., Location: Social Hall
Cost: \$73 ~ Class #23994

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](#).

Fitness with Kendra

Thursdays, January 11 – January 25, 11:45 a.m. - 12:45 p.m., Location: Social Hall
Cost: \$30 ~ Class #23900

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](#).

Strength Training and Cardio

Fridays, January 12 – February 16, 10:45 a.m. – 11:45 a.m., Location: Room A
Cost: \$54 ~ Class #24036

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](#).

The Joys of Aging!

Friday, January 12, 1:00 p.m. – 2:30 p.m., Location: Room D
FREE ~ Class #24298

Join Rachel Rokach, psychologist, to relearn, discuss and enhance the joys of aging. To register, [click here](#).

Qigong

Tuesdays, January 16 – February 20, 10:00 a.m. – 11:00 a.m., Location: Room A

Cost: \$59 ~ Class #23937

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](#).

Qigong

Thursdays, January 18 – February 22, 10:00 a.m. – 11:00 a.m., Location: Room A

Cost: \$59 ~ Class #23940

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](#).

Pickleball: When to Attack & When to Defend; Clinic

Mondays, January 22 & 29, 12:30 p.m. – 2:00 p.m.

Location: Lincoln Park Pickleball Courts

Cost: \$58 ~ Class #24139

Learn when to attack and when to defend. Designed and run by Marcia Neishi, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association. To register, [click here](#).

Alameda Sings! (Alameda Community Chorus- ACC)

Mondays, January 22 – May 6, 7:00 p.m. – 9:00 p.m., Location: Dining Room 2

Cost: \$158 ~ Class #24108

Alameda Sings! (Alameda Community Chorus) is a community chorus open to all singers ages 16 and up. No auditions. Rehearsals at Mastick Senior 7:00 PM Mondays. Two concerts per year, Spring and Autumn. Spring performance will be on April 27, 2024...venue to be determined. No meeting on 2/19. To register, [click here](#).

Mastick Trips

Mastick Trip: Fashioning San Francisco at the de Young

Wednesday, January 24, 8:30 a.m. – 3:00 p.m., Location: City of San Francisco

Cost: \$99 ~ Class #24323

Enjoy a guided tour of the all new exhibit, "Fashioning San Francisco: A Century of Style". Following some time "on your own" in the museum, you'll dine on a two-course meal at Skates on the Bay. Chartered Bus transportation included! To register, [click here](#).

Mastick Trip: Neil Diamond Experience/Shopping in Livermore!

Sunday, April 21, 11:00 a.m. – 5:30 p.m., Location: Livermore Shops and Art Center

Cost: \$65 ~ Class #24312

Enjoy The Shops on First Street in Livermore on your own. Then, thrill to the sounds of the Neil Diamond Experience! To register, [click here](#).