

January 2024 ~ 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, January 24, 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 #24443**

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

German Conversation Club

**Mondays, ongoing, 1:00 p.m. – 3:00 p.m., Location: Media Room
FREE ~ class #21781**

Share knowledge, conversation, and fun! No instruction, advanced and intermediate speakers are welcome. No registration required.

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](#).

Hula 1

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

Cost: \$53 ~ Class #24505

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

Cost: \$53 ~ Class #24506

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, 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.

Chinese Ink Painting

Tuesdays, January 2 – January 30, 10:30 a.m. – 12:00 p.m., Location: Room E

FREE ~ Class #24316

This course teaches Chinese ink freehand flower and bird painting, involving a variety of flower and bird painting methods. It is similar to watercolor painting, but there are many differences, both in terms of painting materials and ideas. Students must bring their own supplies. To register, [click here](#).

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](#).

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](#).

Movie Matinee

Wednesday, January 3, 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.

3-- RUSTIN (2023)

BIOGRAPHY/DRAMA/HISTORY starring Colman Domingo 1h 46 m (PG-13)

Activist Bayard Rustin faces racism and homophobia as he helps change the course of Civil Rights history by orchestrating the 1963 march on Washington.

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 cymbals, 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](#).

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: \$54 ~ 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 – February 5, 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. No class on 1/15. 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](#).

Indoor Drop In Pickleball (January)
Wednesdays, January 10 – January 31, 8:00 a.m. - 11:15 a.m., Location: AP Gym
Cost: \$21 ~ Class #24118

Enjoy indoor Pickleball during the wet and cold months at the Alameda Point Gym which features a newly renovated floor. Portable nets and balls provided. No refunds for missed dates. To register, [click here](#).

The Great American Song Book
Second Wednesday of each month, January 10 – May 8, 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](#).

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](#).

Alameda Stamp Club

**Fridays, January 12 – May 10, 1:00 p.m. - 3:00 p.m., Location: AP Gym
FREE ~ Class #24481**

The Alameda Stamp Club was established in 1947. Join the group of stamp or philatelic collectors. Members will help you get started collecting or refresh your collection. If you have an inherited collection, the club will help you manage it. The club is experienced at answering related questions and directing you to the correct resources. Stamp collecting is the hobby of kings, join in or drop by to experience it for yourself.

Indoor Drop In Pickleball (January)

**Fridays, January 12 – January 26, 9:30 a.m. - 12:30 p.m., Location: AP Gym
Cost: \$16 ~ Class #24067**

Enjoy indoor Pickleball during the wet and cold months at the Alameda Point Gym which features a newly renovated floor. Portable nets and balls provided. No refunds for missed dates. 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, clinical psychologist, to relearn, discuss and enhance the joys of aging. One of the great joys of aging is that learning never ends!. Rachel is 78 and lives in a 55+ co-housing community in Oakland. She has four kids and eight grandkids and is a retired clinical psychologist. Due to her experience working with hundreds of interesting people on a huge range of challenges, she loves her work. For Rachel, empowerment is always at the foundation of healing and growth. 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](#).

**January 17, 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.

17 -- GOOD GRIEF (2024)

COMEDY/DRAMA/ROMANCE starring Dan Levy 1h 40min (R)

Marc chose to distract himself from the loss of his mother with a comfortable marriage. But when his husband unexpectedly dies, Marc is forced to finally confront the grief he's tried so hard to avoid, sending him and his two closest friends on a Parisian weekend of self-discovery.

Healthy Living with Diabetes

**Thursdays, January 25 – March 14, 10:00 a.m. – 12:00 p.m., Location: Room D
FREE ~ Class #24464**

Join us for this eight-week series and learn more about healthy living with diabetes! Each class meets for 2 hours weekly and you'll get answers to your questions and learn from instructors and peers about the 7 self-care behaviors: Healthy eating, physical activity, monitoring blood glucose, taking prescribed medicines, solving problems in unusual situations, reducing the risk of complications, and coping with stress and emotional issues. We'll measure before and after hemoglobin A1c, blood pressure, and weight, and we'll set weekly goals to help you improve. 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](#).

Alameda Police Department Community Beat Meeting

Tuesday, January 23, 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](#).

East Bay Parks: Nature To You

**Wednesday, January 24, 10:00a.m – 11:00a.m., Location: Room Media Room
FREE ~ Class #24320**

Join Naturalists from the East Bay Regional Park District in a program which brings some of the natural world to you. The topic for this presentation is "Mammal Skulls and Pelts". Learn about some of the mammals that can be found throughout the East Bay Regional Parks by exploring pelts and replica skulls from a wide variety of species. What can we deduce about these animals by investigating what they leave behind? To register, [click here](#).

Chinese New Year Origami Envelope

Wednesday, January 24, 1:00 p.m. – 3:00 p.m., Location: Dining Room 2

FREE ~ Class #23990

Volunteer Nora Yee will teach you how to make a decorative fish origami money holder. Bring a pair of scissors, tacky glue and yarn or string. Instructor will provide all other materials Registration is required! To register, [click here](#).

January Birthday Celebration Join Us!

Thursday, January 25, 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.



What To Do With Our Treasure? Who Gets Our Stuff?

Thursday, January 25, 10:00 a.m. – 11:30 a.m., Location: Room E

FREE ~ Class #24218

Who gets Grandma's china? What to do with the dog? And the photos? Are we fair? How do we tell them? Your home full of items asks for your attention. You make decisions now concerning your treasures future, have the discussions with your family and friends about your decisions for who gets what. Often a terrifying task, but Tina gives you guidance and concrete ideas with humor and caring. You will leave the class with homework and support to complete your tasks - sort, separate, decide. It is the best gift you can give your family and friends. Please consider making a \$5 donation to Mastick in class. To register, [click here](#).

Smartsizing: A Guide to Efficient Downsizing

Tuesday, January 30, 12:30 p.m. – 2:00 p.m., Location: Room D

FREE ~ Class #24158

This impactful event will guide you through the process of simplifying your belongings through expert decluttering techniques, selling your property in today's real estate world, and ensuring seamless moving transitions. Presented by Alameda *Senior Transitions* and *Sensational Seniors* TM. To register, [click here](#).

Alameda Police Department Community Beat Meeting

Tuesday, January 30, 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 meeting 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](#).

Caretaker Fraud (Family and Non Family)

Wednesday, January 31, 11:00 a.m. – 1:00 p.m., Location: Room D

FREE ~ Class #24004

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

The Last Gift Box

Thursday, February 1, 10:00 a.m. – 11:30 a.m., Location: Room D

FREE ~ Class #24002

The class is based on the book, *The Last Gift Box, A Present to those who Follow Me* and offers practical ways to 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. Using factual information and humor, Tina takes this challenging but essential subject and makes it easy to talk about and act upon. You can fulfill your resolution THIS YEAR! Please consider making a \$5 donation to Mastick in class. To register, [click here](#).

Zumba Gold Toning

Thursdays, February 1 - February 29, 11:10 a.m. – 12:05 p.m., Location: Room A

Cost: \$33 ~ Class #24439

Zumba Gold Toning 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](#).

Fitness with Kendra

Thursdays, February 1 – February 29, 11:45 a.m. - 12:45 p.m., Location: Social Hall

Cost: \$39 ~ Class #23901

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](#).

Indoor Drop In Pickleball (February)

Fridays, February 2 – February 23, 9:30 a.m. - 12:30 p.m., Location: AP Gym

Cost: \$21 ~ Class #24068

Enjoy indoor Pickleball during the wet and cold months at the Alameda Point Gym which features a newly renovated floor. Portable nets and balls provided. No refunds for missed dates. To register, [click here](#).

Smartsizing: A Guide to Efficient Downsizing

Friday, February 2, 10:00 a.m. – 11:30 a.m., Location: Room D

FREE ~ Class #24159

This impactful event will guide you through the process of simplifying your belongings through expert decluttering techniques, selling your property in today's real estate world, and ensuring seamless moving transitions. Presented by Alameda *Senior Transitions* and *Sensational Seniors* TM. To register, [click here](#).

Spanish - Beginning

Mondays, February 5 – April 1, 9:00 a.m. – 10:00 a.m., Location: Room D

Cost: \$50 ~ Class #24012

Learn Spanish language skills by practicing vocabulary, writing, reading, listening, and grammar. To register, [click here](#).

Spanish Conversation

Mondays, February 5 – April 1, 10:30 a.m. – 11:45 a.m., Location: Room D

Cost: \$50 ~ Class #24013

Reinforce Spanish language skills by reading, writing, listening, and engaging in active conversation. To register, [click here](#).

Line Dancing for Returning Beginners

Mondays, February 5 – February 26, 12:30 p.m. – 2:00 p.m., Location: Social Hall

Cost: \$27 ~ Class #23882

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 “Bangers” are Back! How to Deal with ‘em!; Clinic

Monday, February 5, 12:30 p.m. – 2:00 p.m.

Location: Lincoln Park Pickleball Courts

Cost: \$29 ~ Class #24140

Learn how to deal with opponents who only know one strategy...“Hard and Fast”. Designed and run by Marcia Neishi, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association. To register, [click here](#).

Chinese Ink Painting

Tuesdays, February 6 – February 27, 10:30 a.m. – 12:00 p.m., Location: Room D

FREE ~ Class #24317

This course teaches Chinese ink freehand flower and bird painting, involving a variety of flower and bird painting methods. It is similar to watercolor painting, but there are many differences, both in terms of painting materials and ideas. Students must bring their own supplies. To register, [click here](#).

Indoor Drop In Pickleball (February)

Wednesdays, February 7 – February 28, 8:00 a.m. - 11:15 a.m., Location: AP G

Cost: \$21 ~ Class #24119

Enjoy indoor Pickleball during the wet and cold months at the Alameda Point Gym which features a newly renovated floor. Portable nets and balls provided. No refunds for missed dates. To register, [click here](#).

AARP Smart Driving Course (Refresher)

Wednesday, February 7, 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 one-day class. The class is taught by a trained AARP Volunteer Instructor. Participants must be 50 years of age or older and had standard course within last three years 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, February 7 – February 28, 9:30 a.m. – 10:30 a.m., Location: Social Hall

Cost: \$35 ~ Class #23874

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](#).

Zumba Gold with Mel Snell

Wednesdays, February 7 & 28, 9:30 a.m. – 10:25 p.m., Location: AP Gym

Cost: \$19 ~ Class #24311

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

Line Dancing for High Beginners

Wednesdays, February 7 – February 28, 11:00 a.m. – 12:30 p.m., Location: Social Hall

Cost: \$35 ~ Class #23878

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.](#)

Medical Eligibility&Home and Community Based Services

Tuesday, February 13, 10:00 a.m. – 11:00 a.m., Location: Room D

FREE ~ Class #24334

Explains Medi-Cal eligibility for specific programs serving individuals 65 and older, and for individuals with disabilities. Describes Home and Community Based services benefits covered by Medi-Cal. Informs consumers about Medi-Cal recovery rules and exemptions. To register, [click here.](#)

Alameda Police Department Community Beat Meeting

Tuesday, February 13, 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 meeting are intended to be attended by residents and business owners who reside in their designated beat in order to collaboratively work For more information, [click here.](#)

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

Wednesday, February 14, 11:00 a.m. – 1:00 p.m., Location: Room D

FREE ~ Class #24005

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

Pickleball Beyond the Basics

Thursdays, February 15 – March 7, 11:00 a.m. – 12:30 p.m.

Location: Lincoln Park Pickleball Courts

Cost: \$113 ~ Class #24141

Improve your game and sharpen your skills! Enjoy drills designed to benefit the advanced beginner/intermediate player. Learn more effective dinking, volleying and 'the 3rd shot'. Designed and run by Marcia Neishi, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association. To register, [click here.](#)

Pickleball Intermediate Drills

Thursdays, February 15 – March 7, 1:00 p.m. – 2:00 p.m.

Location: Lincoln Park Pickleball Courts

Cost: \$85 ~ Class #24142

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

Pickleball Advanced Drills

Thursdays, February 15 – March 7, 2:00 p.m. – 3:00 p.m.

Location: Lincoln Park Pickleball Courts

Cost: \$85 ~ Class #24143

Improve your game and sharpen your skills! Enjoy drills designed to benefit the advanced 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.](#)

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](#).