



Making Connections • Staying Active • Living Well

## August 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.

### ~ Ongoing Activities ~

#### German Conversation Club

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

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

#### Sewing Workshop

**Wednesdays, ongoing, 9:00 a.m. – 1:00 p.m., Location: Room B**  
**FREE**

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

#### 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.

#### Scrabble

**Tuesdays, ongoing, 1:00 p.m. – 3:00 p.m., and Thursdays, ongoing, 11:00 a.m. – 1 p.m.,**  
**Location: Game Room**  
**FREE**

Join us and play scrabble! No registration required.

#### French Translation - Intermediate

**Fridays, ongoing, 10:00 a.m. – 11:00 a.m., Location: Room E**  
**FREE ~ Class #24666**

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

#### French Conversation

**Fridays, ongoing, 11:10 a.m. – 12:00 p.m., Location: Room E**  
**FREE ~ Class #24664**

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: Zoom**  
**FREE ~ Class #26672**

This group focuses on practicing intermediate German reading and conversation. To register, contact Daria Nyberg at [dnyberg@alamedaca.gov](mailto:dnyberg@alamedaca.gov)

**Italian Conversation**  
**Fridays, ongoing, 10:00 a.m. – 12:30 p.m., Location: Room D**  
**FREE ~ Class #24946**

Ongoing Italian conversation group meets 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.](#)

**Book Club**  
**First Tuesday of each month, August 6, 12:15 p.m., Location: Zoom**  
**FREE**

Join Book Club members on Tuesday, August 6 and discuss The Ride of Her Life: The True Story of a Woman, Her Horse and Their Last-Chance Journey Across America by Elizabeth Letts. To join the discussion, contact Daria Nyberg at [dnyberg@alamedaca.gov](mailto:dnyberg@alamedaca.gov). Mastick has a limited supply of each book available for lending. If interested, call 510-747-7500.

**The Great American Song Book**  
**Second Wednesday of each month, August 14, 1:00 p.m. – 2:30 p.m.**  
**Location: Dining Room 2**  
**FREE**

Join pianist Glenn Fong for a musical journey! No registration required. Drop in and enjoy!

**Alameda Stamp Club**  
**Second Thursday of each month, August 8, 1:00 p.m. – 3:00 p.m., Location: Room D**  
**FREE ~ Class #24777**

Join the Alameda Stamp Club, a group of stamp or philatelic collectors, established in 1947. Members will help you get started collecting or refreshing 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. To register, [click here.](#)

**Music from the 40's, 50's, 60's, 70's -**  
**including Broadway, Movies, Classic & Country**  
**Thursday, August 15, 1:00 p.m.– 2:30 p.m., Location: Dining Room 2**  
**FREE**

Join us for a lovely piano performance by Susan Shauf. No registration required. Stop by and enjoy!

**Resources and Information**  
**Third Wednesday of each month**  
**August 21, 1:00 p.m. – 2:00 p.m., Location: Room D**  
**FREE**

**The Senior Connections Program** is making a difference for the 50 and older population providing information and resources relating to Medi-Cal, Medicare, In-Home Support Services, Social Security, Affordable Housing and Case Management services. This program is made possible by Alameda Family Services and funded in part by the Mastick Senior Center Advisory Board. Registration required. If you have questions, please call 510-747-7505.

**August Birthday Celebration** **Join Us!**  
**Fourth Thursday of each month, August 22, 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 the North: Edvard Grieg (1843-1907)"**  
**Fourth Thursday of each month, August 22, 1:30 p.m. – 2:30 p.m., Location: Dining Room 2**  
**FREE**

Join Bill Sturm, Volunteer, for a discussion and piano performance of music by the great Norwegian composer

**Diabetes Support Group**  
**Fourth Wednesday of each month, August 28, 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 register for this group, call 510-747-7500.

**Book Club**  
**First Tuesday of each month, September 3, 12:15 p.m., Location: Zoom**  
**FREE**

Join Book Club members on Tuesday, September 3 and discuss The Man Who Died Twice by Richard Osman. To join the discussion, contact Daria Nyberg at [dnyberg@alamedaca.gov](mailto:dnyberg@alamedaca.gov). Mastick has a limited supply of each book available for lending. If interested, call 510-747-7500.

## **~ August Classes and Activities ~**

### **Aging in Place**

**Thursday, August 1, 10:30 a.m. - 11:30 a.m., Location: Room D**  
**FREE ~ Class #27204**

Hospice 101 and Palliative with the emphasis on Palliative. The panel discussion will be with our clinical liaison and will be a brief on what we do and then questions and answers. To register [click here](#).

### **Fitness with Kendra**

**Thursdays, August 1 – August 29, 11:45 a.m. - 12:45 p.m., Location: Social Hall**  
**Cost: \$48 ~ Class #24742**

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](#).

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

**Friday, August 2, 10:00 a.m. – 12:30 p.m., Location: Encinal Boat Ramp 190 Central Ave.**  
**Cost: \$58 ~ Class #24574**

Join us at the Encinal Boat Ramp for a special kayak tour around the Sea Plane Lagoon. These tours are designed for "Boomers", run at a pace that is just right for you using very stable double sea kayaks. You will see a variety of marine life, Navy vessels, scenic Bay views and more! Fee covers one participant. Each participant must register and pay. To register, [click here](#).

### **Retro Dance Fitness with Mel**

**Fridays, August 2 – August 23, 10:30 a.m. – 11:30 a.m., Location: Social Hall**  
**Cost: \$43 ~ Class #26888**

Have fun and move your body in this low impact dance class designed for seniors! The hour flies by as we experience the joy of dancing to our favorite songs from the decades. Curated playlists include Latin rhythms, disco, swing, belly dance, Bollywood, K-pop, and more! No dance experience needed. Class easily modified for all fitness levels. Come try it. You'll be hooked! To register, [click here](#).

### **NEW! ACI Workshop: Compost, Recycle and Landfill**

**Monday, August 5, 10:00 a.m. – 11:00 a.m., Location: Room E**  
**FREE ~ Class #26946**

Join an Alameda County Industries' representative for an overview of the Compost, Recycle and Landfill programs. The interactive workshop will help you learn how to separate garbage. You will learn what the City offers under the Garbage collection program, different ways to recycle and landfill products, ways to get free compost for your garden, and much more! To register, [click here](#)

### **Line Dancing for Returning Beginners (Level 2)**

**Mondays, August 5 - August 26, 12:30 p.m. – 2:00 p.m., Location: Social Hall**  
**Cost: \$35 ~ Class #24551**

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](#).

### **Tai Chi Dance Fitness with Mel Shell**

**Tuesdays, August 6 – August 27, 10:45 a.m. – 11:45 a.m., Location: Social Hall**

**Cost: \$43 ~ Class #25234**

Immerse yourself in gentle yet invigorating movements, seamlessly blending the ancient mind-body practice of Tai Chi with the joy of dance, informed by infectious music of various styles. Experience improved balance, flexibility, mobility, strength, cardiovascular health and overall physical and mental well-being. Tai Chi is especially beneficial for easing pain and stiffness of arthritis. The class is low impact and can be done standing or sitting in a chair. No experience or equipment needed. Our supportive community welcomes you to make Tai Chi Dance part of your vibrant journey to wellness! To register, [click here.](#)

### **Hula 1**

**Tuesdays, August 6 – August 27, 11:30 a.m. – 12:20 p.m., Location: Room A**

**Cost: \$43 ~ Class #24725**

If you're new to Hula or would like to refresh your skills, this class is for you! Hawaiian dance is an excellent exercise for everyone. As you dance, learn about Hawaiian stories, language, and culture. Wear comfortable stretch clothing to allow for ease of movement. Join us for fun and aloha! To register, [click here.](#)

### **Hula 2**

**Tuesdays, August 6 – August 27, 12:30 p.m. – 1:20 p.m., Location: Room A**

**Cost: \$43 ~ Class #24727**

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.](#)

### **NEW! Senior Soul Dance with Michele**

**Tuesdays, August 6 – August 27, 3:30 p.m. – 4:30 p.m., Location: Social Hall**

**Cost: \$27 ~ Class #27233**

Join Michele's Senior Soul Dance class! Beginning Level. No need to be shy. Take your Lindy, Jazz Box and Drunken Sailor to another level. Learn and perfect the current, vintage, and most popular dances. You will enjoy yourself so much, you will not want to miss a class!

From the instructor: "Teaching is my passion! I am honored to be part of your dance experience!" To register, [click here.](#)

### **Line Dancing for Absolute Beginners (Level 1)**

**Wednesdays, August 7 -- August 28, 9:30 a.m. – 10:30 a.m., Location: Social Hall**

**Cost: \$35 ~ Class #24554**

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 (Level 3)**

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

**Cost: \$35 ~ Class #24562**

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.](#)



### Movie Matinee

**Wednesday, August 7, 12:30 p.m. – 3:00 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.

**7 — GLEN GARRY GLEN ROSS (1992)**

**CRIME/DRAMA/MYSTERY**

**Starring Al Pacino, Jack Lemmon, and Alec Baldwin (R)**

An examination into the machinations behind the scenes at a New York City real estate office.

When the salesmen are given the news that all but the top two will be fired by the end of the week, the atmosphere begins to heat up.

### Pole Walking for Veterans

**Saturday, August 10, 9:30 a.m. – 12:30 p.m., Location: Social Hall**

**FREE ~ Class #24547**

Sierra Club Military Outdoors special program enables us to offer Pole Walking for Exercise and Maintaining Mobility training FREE to veterans and their family members. Learn skills to reduce fall risk and improve your balance, endurance, gait, posture, strength, and spine function. Easy-to-learn techniques help navigate everyday obstacles. Quality poles provided for your use. More information and registration (required) at [www.sierraclub.org/loma-prieta/military-outdoors](http://www.sierraclub.org/loma-prieta/military-outdoors) All participants must also register with Alameda Recreation and Parks by calling 510-747-7500.

### Spanish Beginning

**Mondays, August 12 – October 7, 9:00 a.m. – 10:00 a.m., Location: Room D**

**Cost: \$53 ~ Class #26852**

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

### Spanish Conversation

**Mondays, August 12 – October 7, 10:30 a.m. – 11:45 a.m., Location: Room D**

**Cost: \$53 ~ Class #26853**

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

### Create a Secure Future: Advance Health Care Directives

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

**FREE ~ Class #24329**

Join a Legal Assistance for Seniors (LAS) Representative to learn about Advanced Health Care Directives and how to complete them. Receive information about appointing an agent, end-of-life decision-making, POLST forms, and referrals for other planning tools, such as Wills and Durable Powers of Attorney for Finance. To register, [click here](#).

### **Yoga for Bone Health**

**Tuesdays, August 13 – October 1, 5:15 p.m. – 6:30 p.m., Location: Social Hall**

**Cost: \$67 ~ Class #26892**

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](#).

### **Billing and Delivery Scams**

**Wednesday, August 14, 11:00 a.m. – 12:30 p.m., Location: Room D**

**FREE ~ Class #24654**

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

### **NEW! Mastick Speaker Series**

**Wednesday, August 14, 1:00 p.m. – 3:00 p.m., Location: Media Room**

**FREE ~ Class #27298**

**August 14th:** Featured Speaker:

**INSURANCE** -- Leah Nishi of Framers insurance will talk about the challenging insurance market in CA presently. Have you received a notice of non-renewal from your insurance company? What do you do when cancelled? What does the future look like moving forward? To register [click here](#).

### **Yoga for Bone Health**

**Wednesdays, August 14 – October 2, 2:45 p.m. – 4:00 p.m., Location: Social Hall**

**Cost: \$67 ~ Class #26895**

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](#).

### **LOCATION CHANGE Pickleball: Beyond the Basics**

**Thursdays, August 15 – September 5, 11:00 a.m. – 12:30 p.m.**

**Location: The Hub Sports Club**

**Cost: \$116 ~ Class #26990**

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](#).

### **LOCATION CHANGE Pickleball Intermediate Drills**

**Thursdays, August 15 – September 5, 1:00 p.m. – 2:00 p.m.**

**Location: The Hub Sports Club**

**Cost: \$88 ~ Class #26991**

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](#).

### **LOCATION CHANGE Pickleball Advanced Drills**

**Thursdays, August 15 – September 5, 2:00 p.m. – 3:00 p.m.**

**Location: The Hub Sports Club**

**Cost: \$88 ~ Class #26992**

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, International Pickleball Teaching Professional Association. To register, [click here](#).

### **Movie Matinee**

**Wednesday, August 21, 12:30 p.m. – 3:00 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.

### **21 — THE UNION (2024)**

**ACTION/THRILLER**

**Starring Mark Wahlberg, Halle Berry, and J.K. Simmons (R)**

Mike, a down-to-earth construction worker from Jersey is thrust into the world of super spies and secret agents when his ex, Roxanne, recruits him for a high-stakes U.S. intelligence mission.

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

**Wednesdays, August 21 – September 25, 9:00 a.m. – 10:00 a.m., Location: Room A**

**Cost: \$63 ~ Class #27157**

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, August 21 – September 25, 10:30 a.m. – 11:30 a.m., Location: Room A**

**Cost: \$63 ~ Class #26794**

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](#).

### **Strength Training and Cardio**

**Fridays, August 23 – September 27, 10:45 a.m. – 11:45 a.m., Location: Room A**

**Cost: \$53 ~ Class #26796**

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](#).

### **NEW! Mastick Speaker Series**

**Wednesday, August 28, 1:00 p.m. – 3:00 p.m., Location: Media Room**

**FREE ~ Class #27299**

**August 28th:** Featured Speaker:

**REAL ESTATE MARKET**-- Sharon Mancillas and Joe LoParo will cover the current real estate market and what to look out for. Covering many years of growth, instability and the future as we move forward with many challenges. To register [click here](#).

### **Sunset Kayak Tour**

**Friday, August 30, 6:00 p.m. – 8:30 p.m., Location: Launch from Grand Street Marina.**

**Cost: \$53 ~ Class #24575**

Join us at The Grand Street Marina for a special kayak tour around the Oakland Channel paddling toward Jack London Square under a setting sun. This tour is designed for "Boomers" and runs at a pace that is just right for you using very stable double sea kayaks. You will see a variety of marine life, Coast Guard vessels, scenic Bay view and more! Each participant must sign up and pay. To register, [click here](#).

## **~ September Classes and Activities ~**

### **Frame Weaving**

**Tuesdays, September 3 – October 15, 9:00 a.m. – 1:00 p.m., Location: Room B**

**FREE ~ Class #27205**

Designed for beginners and experienced loom weavers. The instructor will supply a frame loom, shuttle, warping thread, darning needles and scissors for the first project. The second project is student's choice and must bring own materials. The instructor hopes to expose participants to the wonderful world of recycling and reuse! Will explore ways to use t-shirts, plastic grocery bags and more items. Materials fee of \$10.00 is payable on the first day of class, by cash or check. To register: [click here](#).

### **September Walking Club @ Waters Edge Lodge**

**Tuesdays & Thursdays, September 3 – September 26, 9:30 a.m. – 10:30 a.m.**

**Location: 801 Island Drive**

**Cost: \$5 ~ Class #27171**

Go for a walking excursion around the lagoon with AES Therapy & Fitness and take in the beautiful sights. \$5 for entire class run. To register [click here](#).

### Introduction to Qigong

**Tuesdays, September 3 – October 8, 10:00 a.m. – 11:00 a.m.**

**Location: Room A**

**Cost: \$64 ~ Class #26909**

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

**Tuesdays, September 3 – September 24, 11:30 a.m. – 12:20 p.m., Location: Room A**

**Cost: \$43 ~ Class #26941**

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](#).

### Zumba Gold Toning with Anna

**Tuesdays, September 3 – September 24, 1:30 p.m. – 2:30 p.m., Location: Social Hall**

**Cost: \$43 ~ Class #26932**

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

### Line Dancing for Absolute Beginners (Level 1)

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

**Cost: \$35 ~ Class #26826**

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 (Level 3)

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

**Cost: \$35 ~ Class #26830**

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](#).

### Qigong (Advanced)

**Thursdays, September 5 – October 10, 10:00 a.m. – 11:00 a.m., Location: Room A**

**Cost: \$64 ~ Class #26912**

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](#).

**NEW! Collette Travel Presentation**

**Thursday, September 5, 10:30 a.m. – 12:30 p.m., Location: Media Room**

**FREE ~ Class #26959**

This presentation provides an overview of all you want to know about travel, upcoming local and international trips, and great hospitality. Please join us, bring your questions, and receive good discounts! Walk-ins welcome. To register, [click here](#).

**Fitness with Kendra**

**Thursdays, September 5 – September 26, 11:45 a.m. - 12:45 p.m., Location: Social Hall**

**Cost: \$41 ~ Class #26771**

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**

**Thursdays, September 5 – September 26, 1:30 p.m. – 2:30 p.m.**

**Location: Room A**

**Cost: \$43 ~ Class #26936**

Zumba Gold is a modified Zumba dance class that recreates the original moves you love at a lower intensity. The formula is 70% Latin music and 30% anything else. A typical class features merengue, salsa, cha-cha, reggaeton, bachata, samba, soca, hip-hop, belly dance and bhangra. Get moving and have fun! No dance experience, exercise equipment or running required. To register, [click here](#).

**Frame Weaving**

**Tuesdays, September 7 – October 12, 9:00 a.m. – 1:00 p.m., Location: Room B**

**FREE ~ Class #27295**

Designed for beginners and experienced loom weavers. The instructor will supply a frame loom, shuttle, warping thread, darning needles and scissors for the first project. The second project is student's choice and must bring own materials. The instructor hopes to expose participants to the wonderful world of recycling and reuse! Will explore ways to use t-shirts, plastic grocery bags and more items. Materials fee of \$10.00 is payable on the first day of class, by cash or check. To register: [click here](#).

**NEW! An Introduction to Artificial Intelligence**

**Monday, September 9, 9:00 a.m. - 10:30 a.m., Location: Social Hall**

**FREE ~ Class #27286**

Artificial Intelligence (AI) is not a new concept, but it has exploded in acceptance and use. This lecture will describe AI's rapid, ongoing changes, and possible uses by the public. We'll discuss concerns about the technology. A significant amount of time will be spent showing how to use this new technology. Bring your questions! To register, [click here](#).

**Coming Fully Alive As You Age**  
**Mondays, September 9 – October 14, 10:00 a.m. – 11:15 a.m.**  
**Location: Room E**  
**Cost: \$47 ~ Class #26756**

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 9/30. To register [click here](#).

**Get Balanced at Waters Edge Lodge**  
**Mondays & Wednesdays, September 9 – December 2, 11:00 a.m. – 12:00 p.m.,**  
**Location: 801 Island Drive**  
**Cost: \$127 ~ Class #27168**

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

**Line Dancing for Returning Beginners (Level 2)**  
**Mondays, September 9 - September 30, 12:30 p.m. – 2:00 p.m., Location: Social Hall**  
**Cost: \$35 ~ Class #26834**

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](#).

**Get Balanced at Waters Edge Lodge**  
**Mondays & Wednesdays, September 9 – December 2, 2:30 p.m. – 3:30 p.m.**  
**Location: 801 Island Drive**  
**Cost: \$127 ~ Class #27167**

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

**NEW! Social Square Dance – An Introduction**  
**Mondays, September 9 – December 9, 6:30 p.m. – 8:30 p.m., Location: Room A**  
**Cost: \$115 ~ Class #26945**

Square Dance is a team activity set to music. In this class you will learn about 50 ways that dancers can interact and cooperate to complete patterns of movement. No special costume is needed but wear comfortable shoes; the step count for an evening often exceeds 4500 steps! Coming with a partner is desirable but not required. No class on 10/14 and 11/11. To register [click here](#).

### Alameda Sings! (Alameda Community Chorus -ACC)

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

**Cost: \$155 ~ Class #26919**

Alameda Sings! (Alameda Community Chorus) is a community chorus open to all singers aged 16 and up. No auditions. Reading music is not required. Two concerts per year, Spring and Autumn. No class on October 14 and November 11, 2024. Winter performance will be on December 7, 2024! To register [click here.](#)

### Yoga with Dina

**Tuesdays, September 10 – October 29, 9:00 a.m. – 10:15 a.m., Location: Social Hall**

**Cost: \$91 ~ Class #26766**

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.](#)

### How to Age in Place: Hiring and Working with a Caregiver

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

**FREE ~ Class #24330**

Definitions of skilled care and personal care. Tips for success and how to identify care needs to safely remain in home. Differences between hiring through an agency or other methods. Discover resources for how to hire and maintain employment of a caregiver.

1. Reviews definitions of skilled care and personal care and explains available payment sources
2. Covers tips for success and how to identify care needs to safely remain in the home
3. Explains differences between hiring through an agency or other methods
4. Provides resources for how to hire and maintain employment of a caregiver

To register [click here.](#)

### Tai Chi Dance Fitness with Mel

**Tuesdays, September 10 – September 24, 10:45 a.m. – 11:45 a.m., Location: Social Hall**

**Cost: \$33 ~ Class #26874**

Embark on a rejuvenating journey...Immerse yourself in gentle yet invigorating movements, seamlessly blending the ancient mind-body practice of Tai Chi with the joy of dance, informed by infectious music of various styles. Experience improved balance, flexibility, mobility, strength, cardiovascular health and overall physical and mental well-being. Tai Chi is especially beneficial for easing pain and stiffness of arthritis. The class is low impact and can be done standing or sitting in a chair. No experience or equipment needed. Our supportive community welcomes you to make Tai Chi Dance part of your vibrant journey to wellness! To register, [click here.](#)

### Thriving with Parkinson's

**Tuesdays & Thursdays, September 10 – October 31, 11:00 a.m. – Noon**

**Location: 801 Island Drive**

**Cost: \$127 ~ Class #27173**

A comprehensive approach to combat Parkinson's symptoms based on principles Physical, Occupational, and Speech Therapy and concepts from SLVT. Address postural changes, mood, cognition, swallowing, speech, and tremors. To register [click here.](#)

**NEW! Mastick Speaker Series**

**Wednesday, September 11, 1:00 p.m. – 3:00 p.m., Location: Media Room**  
**FREE ~ Class #27058**

**September 11th Featured Speaker:**

**SAFETY MONTH** -- AFD will discuss safety considerations in your home; both interior and exterior. How to be aware of trip hazards, where you may need safety equipment installed. To register [click here.](#)

**Yoga with Dina**

**Thursdays, September 12 – October 31, 10:00 a.m. – 11:15 a.m., Location: Social Hall**  
**Cost: \$91 ~ Class #26767**

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.](#)

**Caretaker Fraud: (Family and Non Family)**

**Thursday, September 12, 11:00 a.m. – 12:30 a.m., Location: Room D**  
**FREE ~ Class #26900**

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.](#)

**Retro Dance Fitness with Mel**

**Fridays, September 13 – September 27, 10:30 a.m. – 11:30 a.m., Location: Social Hall**  
**Cost: \$33 ~ Class #26882**

Have fun and move your body in this low impact dance class designed for seniors! The hour flies by as we experience the joy of dancing to our favorite songs from the decades. Curated playlists include Latin rhythms, disco, swing, belly dance, Bollywood, K-pop, and more! No dance experience needed. Class easily modified for all fitness levels. Come try it, you'll be hooked! To register, [click here.](#)

**BaM (Balance and Mobility)**

**Tuesdays, September 17 – December 17, 12:15 p.m. – 1:05 p.m., Location: Social Hall**  
**Cost: \$86 ~ Class #26872**

Improve balance, stability, mobility, and posture through core strengthening. Increase whole body strength to improve coordination (neuromuscular facilitation) and to assist in fall and injury prevention and recovery. No class on October 15, 22 and 29. To register [click here.](#)

**NEW! Tea Party and Hat Show**

**Saturday, September 21, 2:00 p.m. – 4:00 p.m., Location: Social Hall**  
**Cost: \$25 ~ Class #27054**

Join us for an enjoyable time! Don your favorite hat and win raffle prizes from local businesses. Indulge in tea, sandwiches, desserts, lively music, and plenty of fun! To register [click here.](#)

# Trips

## Mastick Trip to Club Fugazi: Dear San Fransisco

**Sunday, November 10, 11:30 a.m. – 4:30 p.m., Location: San Fransisco**

**Cost: \$99 ~ Class #27301**

Join us for bursting with heart -pounding excitement and death-defying acrobats, **Dear San Fransisco** will leave you awestruck and amazed. Take a 90-minutes joy ride through our City by the Bay's bust and booms in a breathtaking aerial extravaganza perfect for your next great outing.

Powered by exhilarating acrobatics, choreography, spoken word, video projections, shadow play, and original music, Dear San Fransisco invites locals and visitors on a romp through both the essence and the myth that is San Fransisco.

The performance will start at 1 p.m. and will include a **private skybox Tiara Suite** and Lounge for extra special experience as well as **tea, coffee and desserts**.

We will meet at Mastick Senior Center at 11:30 a.m., the parking lot and Multimedea Room will be open for check in, and the bus will return by 4pm. To register [click here](#).