



## December 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.

### Line Dancing for Beginners (Level 2)

**Mondays, December 2 - December 16, 12:30 p.m. – 2:00 p.m., Location: Social Hall**

**Cost: \$27 ~ Class #26837**

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](#)

### Environmental Education Series

**Monday, December 2, 10:00 a.m. – 11:00 a.m., Location: Media Room**

**FREE ~ Class #26947**

Join us for the last session in a Fall semester series of Educational Environmental programs offered by professional staff from Doug Siden Visitor Center at Crab Cover. We will discuss a topic and engage in interesting interactive activities. The meeting will take place at Mastick Senior Center, Media Room. To register, [click here](#)

### Alameda History Lecture & Roundtable Series

**Monday, December 2, 6:30 p.m. – 7:30 p.m., Location: Room D**

**FREE ~ Class #27612**

**Alameda History Lecture and Roundtable Series** -- Dennis Evanovsky of the Alameda Post will discuss history in Alameda. Dennis is the author of many books regarding the history of Alameda and other areas of the San Francisco Bay. Offering many walking tours, Dennis has educated and entertained many Alamedans with his historical knowledge of Alameda. The event will be in an informal format, with interactive questions and answers during and after the presentation.

Registration recommended; walk-ins are welcome! To register, [click here](#)

### Introduction to Qigong

**Tuesdays, December 3 - January 14, 10:00 a.m. – 11:00 a.m., Location: Room A**

**Cost: \$64 ~ Class #26911**

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. No class 12/24. To register, [click here](#)

### Hula

**Tuesdays, December 3 – December 17, 11:30 a.m. – 1:20 p.m., Location: Room A**

**Cost: \$33 ~ Class #26944**

**Beginner dancers' group comes at 11:30 a.m. -- 12:20 p.m.**

**Advanced dancers' group comes at 12:30 p.m. -- 1:20 p.m.**

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](#)

### Yoga for Bone Health

**Tuesdays, December 3 - February 4, 1:30 p.m. – 2:30 p.m., Location: Social Hall**

**Cost: \$67 ~ Class #26894**

Yoga to promote bone health, is 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. It can also prevent the development of these conditions in those who do not have them. Suitable for all levels of ability and experience with yoga. No class 12/24 and 12/31. To register, [click here](#)

### Zumba Gold Toning with Anna

**Tuesdays, December 3 - December 17, 5:15 p.m. – 6:30 p.m., Location: Social Hall**

**Cost: \$33 ~ Class #26935**

Zumba Gold Toning is a lower-intensity version of Zumba Fitness. It is a low-impact fitness class with simple moves, which makes it perfect for active older adults and low fitness participants. It combines Zumba Gold Fitness with Zumba Toning Sticks or light hand weights to enhance muscle strength, tone and endurance. To register, [click here](#)

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

**Wednesdays, December 4 - December 18, 9:30 a.m. – 10:30 a.m., Location: Social Hall**

**Cost: \$27 ~ Class #26829**

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](#)

### Forever Functional Fitness-FREE 1<sup>st</sup> Class

**Wednesday, December 4, 2:30 p.m. – 3:30 p.m., Location: Room A**

**FREE ~ Class #28211**

This free 1<sup>st</sup> class led by Harrison Roth, a Certified Personal Trainer and Mobility Specialist, this class focuses on safe and effective exercises tailored to support balance, flexibility, and joint health while increasing confidence in everyday movements. Whether you're looking to stay active, regain strength, or maintain independence, this program is your pathway to a healthier, more vibrant lifestyle! To register, [click here](#)

### Charity Fraud

**Wednesday, December 4, 11:00 a.m. – 12:30 p.m., Location: Room D**

**FREE ~ Class #26907**

Join William Smith, retired FBI Agent, to discuss the scope of the problem, types of charity frauds, how scams work, warning signs, ways to determine if a charitable organization is legitimate and what to do if you become a victim of charity fraud. To register, [click here](#)

### Line Dancing for High Beginners (Level 3)

**Wednesdays, December 4 - December 18, 11:00 a.m. – 12:30 p.m., Location: Social Hall**

**Cost: \$27 ~ Class #26833**

Designed for line dancers who have mastered the basic steps and movements. New movements and more complex steps will be added. Additional step patterns, syncopation and various rhythms. High Beginner dances will feature a varying degree of challenge. To register, [click here](#)

### Yoga for Bone Health

**Wednesdays, December 4 - February 5, 2:45 p.m. – 4:00 p.m., Location: Social Hall**

**Cost: \$67 ~ Class #26897**

Yoga to promote bone health is 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. It can also prevent the development of these conditions in those who do not have them. Suitable for all levels of ability and experience with yoga. No class 12/25 and 1/1/2025. To register, [click here](#)

### Movie Matinee

**Wednesday, December 4, 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.

#### **4 — THE APARTMENT (1960) HOLIDAY COMEDY, ROMANTIC COMEDY, DRAMA**

**Starring Jack Lemmon, Shirley MacLaine, Fred MacMurray**

Manhattan insurance worker, C.C. Baxter, tries to rise in his company by letting its executives use his Upper West Side apartment for extramarital affairs. However, office politics and his own romantic hopes complicate matters.

### Qigong (Advanced)

**Thursdays, December 5 - January 16, 10:00 a.m. – 11:00 a.m., Location: Room A**

**Cost: \$64 ~ Class #26914**

Designed for more seasoned Qigong students or those who have previously taken Qigong at Mastick or somewhere else. We will review and practice everything learned in Robert's Tuesday - class, refine those exercises and add more as time permits. Students may join at any time...register in person or over the phone to receive a prorated price. No class 12/26. To register, [click here](#)

### **Fitness with Kendra**

**Thursdays, December 5 – December 19, 11:45 a.m. - 12:45 p.m., Location: Social Hall**

**Cost: \$32 ~ Class #26774**

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 with Anna**

**Thursdays, December 5 - December 19, 1:30 p.m. – 2:30 p.m., Location: Room A**

**Cost: \$33 ~ Class #26939**

Zumba Gold is a modified version of regular Zumba dance classes, designed for older active adults, beginners and everyone else who wants to keep active at a lower intensity. It includes a medley of dance styles, including merengue, cha-cha, belly dance, rumba, tango and salsa. To register, [click here](#)

### **Transportation 101 & Clipper Card for Seniors**

**Friday, December 6, 10:00 a.m. – 12:00 p.m., Location: Media Room**

**FREE ~ Class #27717**

Join Liz Escobar, the New Paratransit Coordinator for the City of Alameda, and 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! Join us at 10:00 a.m. in the Media Room. Do you need a Clipper Card? Do you have questions about Clipper Cards?

Join Kim Ridgeway from AC Transit to answer all your Clipper Card questions. If you plan to receive a Senior Clipper Card, you must present an ID with your birthday to verify that you are age 65+. Please register for this class. It will be cancelled 24 hours prior to the workshop if there are not 5 confirmed attendees. To register, [click here](#) or call (510) 747-7500.

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

**Fridays, December 6 – December 20, 10:30 a.m. – 11:30 a.m., Location: Social Hall**

**Cost: \$33 ~ Class #26885**

Get your heart pumping, your muscles toned and strengthened, and your mood elevated in this fun, low impact, easy to follow dance fitness class! The hour flies by as we synchronize our movements to your favorite songs from the decades and use lightweights for resistance training. The class is easily modified for all fitness levels and can be done in a chair as needed. Come try it and you'll be hooked! To register, [click here](#)

### **Introduction to Qigong**

**Saturdays, December 7 - January 18, 10:00 a.m. – 11:00 a.m., Location: Room A**

**Cost: \$64 ~ Class #27918**

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. No class 12/28. To register, [click here](#)

**Protecting Your Home Equity: PACE Loans, Reverse Mortgages**  
**Tuesday, December 10, 10:00 a.m. – 11:00 a.m., Location: Room D**  
**FREE ~ Class #24333**

This presentation defines common terms related to home ownership. Provides an overview of risks that could jeopardize ownership or equity. Discusses common financial issues related to home ownership and aging. Explains the basic structure of reverse mortgages and other types of equity-based loans and examines alternative options. To register, [click here](#)

**Tai Chi Dance Fitness with Mel**  
**Tuesdays, December 10 – December 31, 10:45 a.m. – 11:45 a.m., Location: Social Hall**  
**Cost: \$33 ~ Class #26877**

Come harmonize and rejuvenate your mind, body and spirit in this Tai Chi, Qigong, and Dance Fusion class. Cultivate vitality, mobility and mindfulness as beautiful music guides our simple Qigong flows. Improve your mood and energy with fun, low impact dance. This class is the perfect combination of movement, breathwork, and meditation to improve health and balance in the body and mind. It is for all fitness levels and can be done standing or sitting in a chair as needed. Come try it and your body and spirit will thank you! No class 12/24. To register, [click here](#)

**Online Dating Fraud**  
**Wednesday, December 11, 11:00 a.m. – 12:30 p.m., Location: Room D**  
**FREE ~ Class #26908**

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](#)

**The Great American Songbook**  
**Wednesday, December 11, 1:00 a.m. – 3:00 p.m., Location: Dining Room 2**  
**FREE ~ Class #26879**

Join musician Glenn Fong for a musical journey on the 2nd Wednesday of the Month! To register, [click here](#)

**Mastick Speaker Series- **HOLIDAY PARTY!!!****  
**Wednesday, December 11, 1:00 p.m. – 3:00 p.m., Location: Media Room**  
**FREE ~ Class #26908**

Mastick Senior Center will host a series of presentations on a wide range of topics designed to benefit senior citizens. As REALTORS®, Sharon and Joe constantly strive to provide the latest information and news about our community. Their goal is to ensure you have a platform to be heard by offering valuable resources. We hope these efforts will help build a stronger and more cohesive community. We all work better as a team! Please join us every second and fourth Wednesday of each month! To register, [click here](#)

### **Forever Functional Fitness**

**Wednesdays, December 11 – January 29, 2:30 p.m. – 3:30 p.m., Location: Room A**

**Cost: \$53 ~ Class #28283**

Welcome to Forever Functional Fitness, a group class designed to help seniors build strength, improve mobility, and enhance overall functionality for daily life. Led by Harrison Roth, a Certified Personal Trainer and Mobility Specialist, this class focuses on safe and effective exercises tailored to support balance, flexibility, and joint health while increasing confidence in everyday movements. Whether you're looking to stay active, regain strength, or maintain independence, this program is your pathway to a healthier, more vibrant lifestyle! To register, [click here](#)

### **New Member Orientation**

**Thursday, December 12, 10:30 a.m. – 11:30 a.m., Location: Game Room**

**FREE ~ Class #26917**

**New Member Orientation** offers a guided tour to introduce you to the Center, an information packet outlining the various programs and services and a coupon for a complimentary lunch! Join us on Thursdays, at 10:30 a.m. in the Game Room. Registration required, call (510)747-7500 to register. To register, [click here](#)

### **Alameda Stamp Club**

**Thursday, December 12, 1:00 p.m. – 3:00 p.m., Location: Room D**

**FREE ~ Class #26918**

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. Welcome every second Thursday of each month! To register, [click here](#)

### **Forever Functional Fitness**

**Fridays, December 13 – January 31, 2:30 p.m. – 3:30 p.m., Location: Room A**

**Cost: \$53 ~ Class #28284**

Welcome to Forever Functional Fitness, a group class designed to help seniors build strength, improve mobility, and enhance overall functionality for daily life. Led by Harrison Roth, a Certified Personal Trainer and Mobility Specialist, this class focuses on safe and effective exercises tailored to support balance, flexibility, and joint health while increasing confidence in everyday movements. Whether you're looking to stay active, regain strength, or maintain independence, this program is your pathway to a healthier, more vibrant lifestyle! To register, [click here](#)



### Why You May Not Need a Computer

**Tuesday December 17 & Thursday, December 19, 10:30 a.m. – 12:30 p.m.,**

**Location: Room C & D**

**FREE ~ Class #28281**

This seminar will address why you might not need a laptop or desktop to stay connected to the outside world using the Internet. Today, mobile devices, especially tablets, are capable of doing almost everything that can be accomplished on a computer. Computers are great for creating large documents and presentations. However, if your main tasks are email, texting, managing photos, searching the internet and using social media, a mobile device is very effective for performing these tasks. In most cases, mobile devices are much easier to use than computers. **December 17th -- Room C & December 19th -- Room D.** To register, [click here](#)

### Movie Matinee

**Wednesday, December 18, 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.

**18 — JINGLE JANGLE: A CHRISTMAS JOURNEY — (2020) HOLIDAY FAMILY, FANTASY, MUSICAL. Starring Forest Whitaker, Keegan-Michael Key, Hugh Bonneville 2h 2m (PG)-**

An imaginary world comes to life in a holiday tale of an eccentric toymaker, his adventurous granddaughter, and a magical invention that has the power to change their lives forever.

### Teens Teaching Technology (Seniors)

**Thursday, December 19, 4:00 p.m. – 5:00 p.m., Location: Room C**

**FREE ~ Class #26950**

This program is a collaboration between the Mastick Senior Center and the ARPD Teen Programs. Teens will meet at the Mastick Senior Center computer lab (1155 Santa Clara Ave, Alameda, Room C) and 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. Program hours count towards required community service. To register, [click here](#)

### December Birthday Celebration **Join Us!**

**Fourth Thursday of each month, December 26, 12:30 p.m. – 1:00 p.m.**

**Location: Dining Room 2**

**~FREE~**

Join us and celebrate your special day! Enjoy sweet treats, games, and happy birthday registration is required.



### BaM (Balance & Mobility)

**Tuesdays, December 31 - March 25, 12:15 p.m. – 1:05 p.m., Location: Social Hall**

**Cost: \$93 ~ Class #27779**

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](#)

## ~ January Classes & Activities ~

### RaM (Resistance & Mobility)

**Thursdays, January 2 - March 27, 2:00 p.m. – 2:50 p.m., Location: Social Hall**

**Cost: \$93 ~ Class #27781**

Resistance and Movement (RaM) takes the basic premise of Balance and Mobility (BaM) and adds another dimension with the use of dumbbells. While continuing with similar moves of BaM, RaM places more emphasis on resistance training to develop and gain strength and movement to improve and maintain flexibility and Range of Motion (ROM) to assist with daily movement and function. To register, [click here](#)

### Bridge

**Fridays, January 3 - May 23, 12:00 p.m. – 2:00 p.m., Location: Game Room**

**FREE ~ Class #27885**

No pressure to play. All levels of experience welcome. Have fun! For more information call (510) 747-7500. To register, [click here](#)

### Egyptian Folkloric Dance

**Fridays, January 3 - May 30, 9:00 a.m. – 10:30 a.m., Location: Room A**

**FREE ~ Class #27766**

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 warm-up to relax the muscles begins this class and it ends with a slow cool down. No class on 2/21/2025. To register, [click here](#)

### French Translation (Intermediate)

**Fridays, January 3 - May 30, 10:00 a.m. – 11:00 a.m., Location: Room E**

**FREE ~ Class #27881**

French to English translation. Text used in class: "Great Short Stories of the Twentieth Century" edited & translated by Jennifer Wagner. *Edition*: "Les Grandes Nouvelles du Vingtieme Siecle". To register, [click here](#)

### French Conversation

**Fridays, January 3 - May 30, 11:10 a.m. – 12:00 p.m., Location: Room E**

**FREE ~ Class #27880**

Free & Ongoing. Basic knowledge of French language required. To register, [click here](#)

### Intermediate German Reading & Conversation via Zoom

**Fridays, January 3 - May 30, 10:00 a.m. – 12:00 p.m., Location: Via Zoom**

**FREE ~ Class #27570**

Free. Ongoing. Call 510-747-7500 to register and receive the Zoom connect link.

1st hour: German intermediate reading; 2nd hour: Intermediate conversation. To register, [click here](#)



### **Italian Conversation**

**Fridays, January 3 - May 30, 10:00 a.m. – 12:30 p.m., Location: Room D**

**FREE ~ Class #27882**

This is a group of Italian speakers who meet to practice their 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](#)

### **Mastick Movie Club**

**Fridays, January 3 - May 2, 10:00 a.m. – 12:00 p.m., Location: Via Zoom**

**FREE ~ Class #27882**

Enjoy movies and discuss with other members! Zoom connect link will appear on your receipt upon registration. Call (510) 747-7500 to join Mastick's Zoom-Movie Club. Join us first Friday of each month! To register, [click here](#)

### **Retro Dance Cardio Strength with Mel**

**Fridays, January 3 - January 31, 10:30 a.m. – 11:30 a.m., Location: Social Hall**

**Cost: \$43 ~ Class #27767**

Get your heart pumping, your muscles toned and strengthened, and your mood elevated in this fun, low impact, easy to follow dance fitness class! The hour flies by as we synchronize our movements to your favorite songs from the decades and use light weights for resistance training. The class is easily modified for all fitness levels and can be done in a chair as needed. Come try it and you'll be hooked! To register, [click here](#)

### **Beginning Mosaics Class**

**Saturdays, January 4 - January 25, 10:00 a.m. – 12:00 p.m., Location: Skills Center**

**FREE ~ Class #27800**

Beginning students will learn the basics of mosaics by applying colored glass on a rock. Students may bring their own clean rock or project to mosaic. A \$15.00 material fee will be due to volunteer instructors the first day of class. Rocks, glass, loaner tools, grout, and sealer will be provided. To register, [click here](#)

### **Spanish- Beginning**

**Mondays, January 6 - March 10, 9:00 a.m. – 10:00 a.m., Location: Room D**

**Cost: \$58 ~ Class #27857**

A second language is always an asset, and Spanish is one of the best. Full class participation in reading, writing, listening, vocabulary and grammar while learning Spanish. No class on 1/20 and 2/17. To register, [click here](#)

**German Conversation**

**Mondays, January 6 - May 19, 1:00 p.m. – 3:00 p.m., Location: Media Room**

**FREE ~ Class #27571**

Free. Ongoing. Conversation club for near native speakers. To register, [click here](#)

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

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

**Cost: \$28 ~ Class #27809**

Designed for beginners & returning beginners who have experience with basic steps and want to continue learning more steps & dances. No class 1/20. To register, [click here](#)

**Square Dance**

**Mondays, January 6 - June 2, 1:30 p.m. – 3:00 p.m., Location: Room A**

**FREE ~ Class #27890**

Class is ongoing. Suggested donations \$2 per class. No class 1/20, 2/17 and 5/26. To register, [click here](#)

**Volunteer Walking Group**

**Mondays, January 6 - May 26, 9:30 a.m. – 12:30 p.m.**

**FREE ~ Class #27888**

Meet friends at the Fruitvale BART Station (unless otherwise noted) to explore the greater Bay Area on public transit. Wear walking shoes, dress in layers, bring water and lunch (purchasing lunch optional, depending on destination). Fun and exercise guaranteed! Schedule provided upon registration. To register, [click here](#)

**Balance, Mobility, & Stability**

**Mondays, January 6 - February 24, 10:00 a.m. – 10:50 a.m., Location: Social Hall**

**Cost: \$66 ~ Class #27762**

Join fellow seniors in a safe and welcoming environment to feel safe when moving from place to place. Practice gentle movements that will help improve your balance, mobility, and stability. After taking this class, you will be able to sit and stand easier. Taking this class may also decrease your probability of falling and prevent injury. Exercises for strength and flexibility will be featured. Soft ambient music will be played during the session. No class on 1/20, 2/17. To register, [click here](#)

**Chair Yoga**

**Mondays, January 6 - February 24, 11:00 a.m. – 12:00 p.m., Location: Social Hall**

**Cost: \$66 ~ Class #27764**

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. No class on 1/20, 2/17. To register, [click here](#)

### **Conversational Spanish**

**Mondays, January 6 - March 10, 10:30 a.m. – 11:45 a.m., Location: Room D**

**Cost: \$58 ~ Class #27860**

Learn reading, writing, grammar and listening while enjoying Spanish as a second language. No class on 1/20 and 2/17. To register, [click here](#)

### **Enhance Fitness**

**Mondays & Fridays, January 6 - April 7, 11:00 a.m. – 12:00 p.m., Location: Room A**

**Suggested Contribution: \$40 ~ Class #27956**

This evidence-based program is 60 minutes of dynamic comprehensive workout including cardiovascular exercise, strength training, balance, and flexibility. Open to varying levels of fitness. Optional cuff weights will be available. A certified instructor, who has completed the Enhance Fitness training, will safely lead the class that can be done from seated or standing, with modifications demonstrated. Appropriate for those who can walk independently, even with assistive devices. To register must be 60 or older Please REGISTER DIRECTLY with Spectrum at (510) 876-8809, or visit <http://spectrumcs.org/senior-services/fall-risk-reduction>

### **Environmental Education Series**

**First Monday, January 6 - May 5, 10:00 a.m. – 11:00 a.m., Location: Media Room**

**FREE ~ Class #27895**

Join us for a variety of Educational Environmental programs offered by professional staff from Doug Siden Visitor Center at Crab Cover during the Winter & Spring semester. We will discuss different environmental topics and engage in interesting activities. Meetings will take place on first Monday of the month, at Mastick Senior Center, Media Room. To register, [click here](#)

### **Yoga with Dina**

**Tuesdays, January 7 - February 25, 9:00 a.m. – 10:15 a.m., Location: Social Hall**

**Cost: \$80 ~ Class #27914**

Alignment-based yoga targets modified poses focusing on strength, flexibility, and balance. Synchronize your mind and body while having fun. Dress in layers, bring a yoga mat, strap, and blanket for relaxation/warmth. No class 2/18. To register, [click here](#)

### **Book Club**

**First Tuesday, January 7 - May 6, 12:15 p.m. – 3:15 p.m., Location: Via Zoom**

**FREE ~ Class #27894**

Contact [rcastrillon@alamedaca.gov](mailto:rcastrillon@alamedaca.gov) or call (510) 747-7511 to join Mastick's Zoom-Book Club. Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins. Join us 1st Tuesday of each month. To register, [click here](#)

### **Zumba Gold Toning with Anna**

**Tuesdays, January 7 - January 28, 1:30 p.m. – 2:30 p.m., Location: Social Hall**

**Cost: \$43 ~ Class #27783**

Zumba Gold Toning is a lower-intensity version of Zumba Fitness. It is a low-impact fitness class with simple moves, which makes it perfect for active older adults and low fitness participants. Zumba Gold Toning combines Zumba Gold Fitness with Zumba Toning Sticks or light hand weights to enhance muscle strength, tone and endurance. To register, [click here](#)

### **Senior Soul Hustle Dance Class**

**Tuesdays, January 7 - February 25, 3:30 p.m. – 4:30 p.m., Location: Social Hall**

**Cost: \$51 ~ Class #27727**

Michele's Senior Soul Hustle Dance class is a beginning level dance class. You will learn current, vintage and most popular hustle dances. It's a fun class for men and women! To register, [click here](#)

### **Today's World**

**Tuesdays, January 7 - May 27, 9:30 a.m. – 11:30 a.m., Location: Dining Room 2**

**FREE ~ Class #27911**

Volunteer Instructor, Roger Baer, is coming back to Mastick Senior Center with his ongoing class called "Today's World". Roger will lead each weekly seminar in current affairs covering international, national, and local topics. Roger Baer has taught American Issues and World Studies at Mastick following 30 years of classroom experience. No class 2/25, 4/8 and 4/15. To register, [click here](#)

### **Hula**

**Tuesdays, January 7 - January 28, 11:30 a.m. – 1:20 p.m., Location: Room A**

**Cost: \$43 ~ Class #27897**

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.

**Beginner dancer's group comes at 11:30 a.m. -- 12:20 p.m.**

**Advanced dancer's group comes at 12:30 p.m. -- 1:20 p.m.**

Wear comfortable stretch clothing to allow for ease of movements. Join us for fun and aloha! To register, [click here](#)

### **Tai Chi Dance Fusion with Mel**

**Tuesdays, January 7 - January 28, 10:45 a.m. – 11:45 a.m., Location: Social Hall**

**Cost: \$90 ~ Class #27774**

Come harmonize and rejuvenate your mind, body and spirit in this Tai Chi, Qigong, and Dance Fusion class. Cultivate vitality, mobility and mindfulness as beautiful music guides our simple Qigong flows. Improve your mood and energy with fun, low impact dance. This class is the perfect combination of movement, breathwork, and meditation to improve health and balance in the body and mind. It is for all fitness levels and can be done standing or sitting in a chair as needed. Come try it and your body and spirit will thank you! To register, [click here](#)

### **Mastick Sewing Workshop**

**Wednesdays, January 8 - May 28, 9:00 a.m. – 1:00 p.m., Location: Social Hall**

**FREE ~ Class #27929**

No registration required, simply go to class and join likeminded folks who sew. To register, [click here](#)

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

**Wednesdays, January 8 - February 26, 9:00 a.m. – 10:00 a.m., Location: Room A**

**Cost: \$66 ~ Class #27763**

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. No class on 1/22 and 2/19. To register, [click here](#)

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

**Wednesdays, January 8 - January 29, 9:30 a.m. – 10:30 a.m., Location: Social Hall**

**Cost: \$37 ~ Class #27804**

For those who are brand new to line dance. 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 & mind with music! To register, [click here](#)

### **Line Dancing for High Beginners (Level 3)**

**Wednesdays, January 8 - January 29, 11:00 a.m. – 12:30 p.m., Location: Social Hall**

**Cost: \$37 ~ Class #27814**

Class for line dancers who have mastered the basic steps & movements. New movements and more complex steps will be added. Additional step patterns, syncopation and various rhythm. High beginners will feature varying degrees of challenge. To register, [click here](#)

### **Strength Training and Cardio**

**Wednesdays, January 8 - February 26, 10:30 a.m. – 11:30 a.m., Location: Room A**

**Cost: \$66 ~ Class #27863**

Move to music and gain the benefits of resistance training designed to develop bone density, muscle mass, and endurance. Class easily modified for all fitness levels. No class on 1/22 and 2/19. To register, [click here](#)

### **Knitting Circle**

**Wednesdays, January 8 - May 28, 1:00 p.m. – 3:00 p.m., Location: Room B**

**FREE ~ Class #27902**

Join the Knitting Circle every Wednesday afternoon and share projects, conversation, and fun! No instruction however, beginners are welcome and will be supported. Must be a Mastick Member. To register, [click here](#)

### **The Great American Songbook**

**Second Wednesday, January 8 - May 14, 1:00 p.m. – 3:00 p.m., Location: Dining Room 2**

**FREE ~ Class #27910**

Join musician Glenn Fong for a musical journey on the 2nd Wednesday of the Month! To register, [click here](#)

### **The Last Gift Box**

**Wednesday, January 8, 1:00 p.m. – 2:30 p.m., Location: Room D**

**Cost: \$15 ~ Class #27802**

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 ways to share with your family and friends your decisions on how you wish to die and be remembered. To register, [click here](#)

### **Matter of Balance**

**Thursdays, January 9 - February 27, 9:30 a.m. – 11:30 a.m., Location: Room D**

**Suggested Contribution \$75 ~ Class #27954**

**The link is for the Fall**

This evidence-based program consists of eight 2-hour sessions followed by a Spectrum Senior Meal to enjoy with classmates. Half of each session is spent on discussion, and half on exercise. It is designed to benefit older adults and caregivers who:

- Restrict activities because of concerns about falling
- Are age 60 or older, community-dwelling and able to problem solve

Workshop objectives are to:

- View falls as controllable
- Make changes at and around the home to reduce fall risk
- Exercise to increase strength and balance

**Suggested Contribution: \$75.** Please note: this class is not suited for people with dementia.

Registrants must be 60 or older to join. Please REGISTER DIRECTLY with Spectrum at (510) 876-8809, or visit <http://spectrumcs.org/senior-services/fall-risk-reduction>

### **Zumba Gold**

**Thursdays, January 9 - January 30, 1:30 p.m. – 2:30 p.m., Location: Room A**

**Cost: \$43 ~ Class #27788**

Zumba Gold is a modified version of regular Zumba dance classes, designed for older active adults, beginners and everyone else who wants to keep active at a lower intensity. Zumba Gold includes a medley of dance styles, including merengue, cha-cha, cumbia, belly dance, rumba, tango and salsa. To register, [click here](#)

### **Fitness with Kendra**

**Thursdays, January 9 - January 30, 11:45 a.m. – 12:45 a.m., Location: Social Hall**

**Cost: \$45 ~ Class #27743**

Fun full body workout that includes stretching, strength, balance, and low impact cardio with light weights and a chair. All moves can be modified for all fitness levels, are completed at your own pace, and are set to fun music. Chairs and weights provided. To register, [click here](#)



### **Yoga with Dina**

**Thursdays, January 9 - February 27, 10:00 a.m. – 11:15 a.m., Location: Social Hall**

**Cost: \$80 ~ Class #27915**

Alignment-based yoga targets modified poses focusing on strength, flexibility, and balance. Synchronize your mind and body while having fun. Dress in layers, bring a yoga mat, strap, and blanket for relaxation/warmth. No class 2/20. To register, [click here](#)

### **Alameda Stamp Club**

**Second Thursday, January 9, 1:00 p.m. – 3:00 p.m., Location: Room D**

**FREE ~ Class #27893**

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. Welcome every second Thursday of each month! To register, [click here](#)

### **New Member Orientation**

**Thursday, January 9, 10:30 a.m. – 11:30 a.m., Location: Game Room**

**FREE ~ Class #27827**

**New Member Orientation** offers a guided tour to introduce you to the Center, an information packet outlining the various programs and services! Join us on Thursdays, at 10:30 a.m. in the Game Room. Registration required, call (510)747-7500. To register, [click here](#)

### **Coming Fully Alive as You Age**

**Monday, January 13, 12:15 p.m. – 1:30 p.m., Location: Room D**

**Cost: \$50 ~ Class #27797**

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 for 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 1/20, 2/17. To register, [click here](#)

### **Free Preventative Benefits: What Medicare Covers in Full**

**Tuesday, January 14, 10:00 a.m. – 11:00 a.m., Location: Room E**

**FREE ~ Class #27934**

Join a HICAP Representative for a brief overview of the Medicare program. Benefits covered in full under Medicare Part B. Difference between free preventative benefits from diagnostic care (not covered in full). Eligibility for low-income assistance programs. Review ways to report Medicare fraud and abuse. To register, [click here](#)

### **Music Appreciation**

**Thursday, January 23, 1:30 p.m. – 2:30 p.m., Location: Dining Room 2**

**FREE ~ Class #27903**

Join Bill Sturm, Volunteer, for a performance and discussion of classical music. Please join us every fourth Thursday of each month! To register, [click here](#)

# Trips

## **Craig Smith: San Francisco Holiday Lights Tour**

**Friday, December 20, 3:30 p.m. – 10:30 p.m., Location: Media Room**

**Cost: \$90 ~ Class #28277**

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, Ghirardelli Square décor, Union Street, California Ave. favorites including Huntington Park, Fairmont and Ritz Carlton Hotels, The Civic Center Tree, Opera House, Symphony Hall, Golden Gate Park and Tennis Courts, and including a festive dinner at Swiss Louie's! To register, [click here](#)

**Check-in:** 3:15 PM

**Meeting location:** Media Room

**Departing time:** 3:30 PM