



February 2025 ~ 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, February 3 - February 24, 12:30 PM – 2:00 PM, Location: Social Hall

Cost: \$28 ~ Class #27810

Designed for beginners & returning beginners who have experience with basic steps and want to continue learning more steps & dances. No class 2/17. To register, [click here](#)

Hula

Tuesdays, February 4 - February 25, 11:30 AM – 1:20 PM, Location: Room A

Cost: \$43 ~ Class #27898

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 dance group comes at 11:30 AM -- 12:20 PM

Advanced dance group comes at 12:30 PM -- 1:20 PM

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, February 4 - February 25, 1:30 PM – 2:30 PM, Location: Social Hall

Cost: \$33 ~ Class #27784

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. No class 2/18. To register, [click here](#)

Line Dancing for Absolute Beginners (Level 1)

Wednesdays, February 5 - February 26, 9:30 AM – 10:30 AM, Location: Social Hall

Cost: \$37 ~ Class #27805

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, February 5 - February 26, 11:00 AM – 12:30 PM, Location: Social Hall

Cost: \$37 ~ Class #27815

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

An Introduction to Artificial Intelligence

1st Wednesday, February 5 – May 7, 1:00 PM – 2:30 PM, Location: Social Hall

FREE ~ Class #28303

This is an introduction to Artificial Intelligence (AI). This class assumes no previous knowledge of AI. Topics covered will include a definition of AI, a historical view, concerns, measures to combat inappropriate uses of AI. Additionally, we will discuss examples of other technologies, as well as how they might relate to the development and use of AI, current tools, how to use these tools, and how to evaluate these tools. To register, [click here](#)

Fitness with Kendra

Thursdays, February 6 - February 27, 11:45 AM – 12:45 PM, Location: Social Hall

Cost: \$35 ~ Class #27744

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

Zumba Gold

Thursdays, February 6 - February 27, 1:30 PM – 2:30 PM, Location: Room A

Cost: \$33 ~ Class #27789

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

Transportation 101 & Clipper Card for Seniors

Friday, February 7, 10:00 AM – 12:00 PM, Location: Room B

FREE ~ Class #28300

Meet 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 AM. In the Media Room. To register, click on the link or call (510) 747-7500.

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](#)

Medical Eligibility & Home and Community Based Services

Tuesday, February 11, 10:00 AM – 11:00 AM, Location: Media Room

FREE ~ Class #27936

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](#)

Yoga for Bone Health

Tuesdays, February 11 - April 1, 5:15 PM – 6:30 PM, Location: Social Hall

Cost: \$67 ~ Class #27732

Yoga promotes bone health for people with osteopenia or osteoporosis and for people who want to avoid developing those conditions. Suitable for people with all levels of yoga experience, including none. To register, [click here](#)

Yoga for Bone Health

Wednesdays, February 12 - April 2, 3:00 PM – 4:15 PM, Location: Social Hall

Cost: \$67 ~ Class #27731

Yoga promotes bone health for people with osteopenia or osteoporosis and for people who want to avoid developing those conditions. Suitable for people with all levels of yoga experience, including none. To register, [click here](#)

On-Line Dating Scams

Wednesday, February 12, 11:00 AM – 12:00 PM, Location: Room D

FREE ~ Class #27838

Older people are often the target of romance scams. We will discuss why seniors are targets, the most common scams, list of lies used by scammers, warning signs it's a scam, and things to do before meeting your suitor or sending money. To register, [click here](#)

Teens Teaching Technology (Seniors) February

Thursday, February 13, 4:00 PM - 5:00 PM, Location: Room C

FREE ~ Class #27906

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](#)

It's the Stuff! Who Gets What? How Do We Tell Them?

Friday, February 14, 1:00 PM - 3:00 PM, Location: Media Room

Cost: \$15 ~ Class #27832

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

Texting Scams

Wednesday, February 19, 11:00 AM – 12:00 PM, Location: Media Room

FREE ~ Class #27839

Will discuss the most common type of texting scams, how scammers trick people into providing the information needed so scammers can make unauthorized purchases or withdraw money from their accounts. Will also go over what to be suspicious of, and if information is disclosed what should be done. To register, [click here](#)

Music Appreciation

Thursday, February 27, 1:30 PM – 2:30 PM, Location: Dining Room 2

FREE ~ Class #27903

Join Bill Sturm, Volunteer, for a performance and discussion of classical music. "Samuel Coleridge-Taylor (1875 - 1912)" In homage to Black History Month, the class will feature discussion and piano performance of romantic works by this esteemed Anglo-African composer. Please join us every **fourth Thursday of each month!** To register, [click here](#)

Alexander Technique: Your Solution to Back Trouble

February 25 – February 27, 10:00 AM - 11:30 AM, Location: Dining Room 2

Cost: \$54 ~ Class #27498

Will discuss the most common type of texting scams, how scammers trick people into providing the information needed so scammers can make unauthorized purchases or withdraw money from their accounts. Will also go over what to be suspicious of, and if information is disclosed what should be done. To register, [click here](#)

~ March Classes & Activities ~

Balance, Mobility, & Stability

Mondays, March 3 – April 14, 10:00 AM - 10:50 AM, Location: Social Hall

Cost: \$66 ~ Class #27846

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 4/7. To register, [click here](#)

Chair Yoga

Mondays, March 3 – April 14, 11:00 AM – 12:00 PM, Location: Social Hall

Cost: \$66 ~ Class #27852

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 4/7. To register, [click here](#)

Line Dancing for Beginners (Level 2)

Mondays, March 3 – March 31, 12:30 PM - 2:00 PM, Location: Social Hall

Cost: \$45 ~ Class #27811

Designed for beginners & returning beginners who have experience with basic steps and want to continue learning more steps & dances. To register, [click here](#)

The Last Gift Box

Tuesday, March 4, 9:00 AM - 10:30 AM, Location: Room D

Cost: \$15 ~ Class #27803

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](#)

Yoga with Dina

Tuesdays, March 4 – April 29, 9:00 AM - 10:15 AM, Location: Social Hall

Cost: \$91 ~ Class #27912

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 4/8. To register, [click here](#)

Introduction to Qigong

Tuesdays, March 4 – April 8, 10:00 AM - 11:00 AM, Location: Room A

Cost: \$64 ~ Class #27920

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, March 4 – March 25, 11:30 AM - 1:20 PM, Location: Room A

Cost: \$43 ~ Class #27899

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](#)

Zumba Gold Toning with Anna

Tuesdays, March 4 – March 25, 1:30 PM - 2:30 PM, Location: Social Hall

Cost: \$43 ~ Class #27785

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, March 4 – April 29, 3:30 PM - 4:30 PM, Location: Social Hall

Cost: \$57 ~ Class #27728

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 & women! To register, [click here](#)

Pilates (In Person & via Zoom)

Wednesday, March 5 – April 16, 9:00 AM - 10:00 AM, Location: Room A

Cost: \$66 ~ Class #27854

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 4/9. To register, [click here](#)

Line Dancing for Absolute Beginners (Level 1)

Wednesdays, March 5 – March 26, 9:30 AM - 10:30 AM, Location: Social Hall

Cost: \$37 ~ Class #27806

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](#)

Strength Training and Cardio

Wednesdays, March 5 – April 16, 10:30 AM - 11:30 AM, Location: Room A

Cost: \$66 ~ Class #27864

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 4/9 To register, [click here](#)

Internet Fraud

Wednesday, March 5, 11:00 AM – 12:00 PM, Location: Room D

FREE ~ Class #27840

Will discuss how scammers use emails and fake company websites to dupe people into divulging such information that enables scammers to make unauthorized purchases, shut down ones' computer, or prevent one from using their credit or debit card. Will also discuss Artificial Intelligence, its use in everyday life, yet the potential threat from misuse, like voice cloning. To register, [click here](#)

Line Dancing for High Beginners (Level 3)

Wednesdays, March 5 – March 26, 11:00 AM - 12:30 PM, Location: Social Hall

Cost: \$37 ~ Class #27816

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

Qigong (Advanced)

Thursdays, March 6 – April 10, 10:00 AM - 11:00 AM, Location: Room A

Cost: \$64 ~ Class #27923

Designed for more seasoned Qigong students or those who have taken Qigong at Mastick or somewhere else, previously. 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. To register, [click here](#)

Yoga with Dina

Thursday, March 6 – May 1, 10:00 AM - 11:15 AM, Location: Social Hall

Cost: \$91 ~ Class #27916

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 4/10 To register, [click here](#)

Fitness with Kendra

Thursday, March 6 – March 27, 11:45 AM - 12:45 PM, Location: Social Hall

Cost: \$45 ~ Class #27745

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](#)

Zumba Gold

Thursdays, March 6 – March 27, 1:30 PM - 2:30 PM, Location: Room A

Cost: \$43 ~ Class #27790

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](#)

Transportation 101 & Clipper Card for Seniors

Friday, March 7, 10:00 AM – 12:00 PM, Location: Media Room

FREE ~ Class #28301

Meet 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. To register, click on the link or call (510) 747-7500.

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 have to 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](#)

Special Events

4th Annual Storytelling and Drumming Festival

Saturday, February 1, 12:00 PM – 3:30 PM, Location: Social Hall

~FREE~

Discover the power of the spoken word. Delight to the sights & sounds of Drumming and Puppetry! Join in craft-making and interactive workshops that are related to the stories and music presented. A fun event for all ages!

Tap Dancing Christmas Trees- Documentary

Thursday, February 13, 1:00 PM – 2:00 PM, Location: Dining Room 2

~FREE~ Class #29838

Alameda iconic Tap-Dancing Christmas Trees dance troupe is a treasure for our town! Come learn how this 30 plus year dance troupe was founded and sustained for 3 decades. Meet the multi-generation dancers that have entertained local parades, events and even the Macy's Thanksgiving Parade. This documentary was filmed by Alameda Students on the set where Alameda High School students learn the skill of film making. To register, [click here](#)