

## 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.

### **AARP Driver Safety Program**

The AARP Smart Driver Program offers an opportunity to become a safer and more confident driver while earning a discount on your auto insurance. To learn more, [click here](#).

### **Glass & Mosaics**

**Wednesdays, December 1, 8, 15, 22, & 29, 12:15 p.m. – 3:00 p.m., Location: Skill Center  
Cost: \$33 ~ Class #13854**

Designed for students experienced in glass art and mosaics who seek to refresh, sharpen, and share their knowledge with other class members. Must be able to work independently to design, construct, and complete project. \$10 equipment upkeep fee due to instructor on first day of class. To register, [click here](#).

### **Bocce Ball**

**Thursdays, December 2, 9, 16, 23, & 30, 1:00 p.m. – 3:00 p.m., Location: Courtyard  
FREE ~ Class #14447**

Learn to play or hone your skills... either way, come have FUN! To register, [click here](#).

### **Music Appreciation**

**Thursdays, December 2, 9, 16, 23, & 30, 1:30 p.m. – 2:30 p.m., Location: DR 2 / Courtyard  
FREE**

Join Bill Sturm, Volunteer, as he performs a “Musical Grab Bag” of songs on the piano for your listening pleasure. Enjoy while sitting in Dining Room 2 or the Mastick Courtyard. No registration required.

### **Mastick Movie Club**

**Friday, December 3, 10:00 a.m. – 12:00, Location: Zoom  
FREE**

Join Movie Club members and discuss the film, “Passing,” based on the novel by Nella Larsen and written and directed by Rebecca Hall White. Set in 1920’s New York, it is the story of two friends, both fair-skinned black women. One learns that the other is passing as white. Ruth Negga (Loving) and Tessa Thompson (Sylvie’s Love) are superb in the lead roles heading up a great cast. This movie is on Netflix and in theatres now. Members will receive the Zoom meeting I.D. and passcode information following registration. To register, [click here](#).

### **Mastick Volunteer Walking Group**

**Mondays, Dec. 6, 13, 20, & 27, 9:30 a.m., Location: schedule provided upon registration  
Cost: transit fare & spending money ~ Class #14467**

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! Schedules available in the Mastick Lobby. To register, [click here](#).

### **Creative Writing**

**Tuesdays, December 7 & 14, 10:00 a.m. – 1:00 p.m., Location: Media Room**

**Cost: \$15 - \$25 ~ Class: #13709**

This class emphasizes the craft of writing and magic of making art with words. Weekly writing exercises and assignments, lectures, discussions, and examples of poetry and literature included. Instructor will contact students regarding fee after registration. To register, [click here](#).

### **Join us for... Table Tennis or Ping Pong**

**Tuesdays, December 7, 14, 21, & 28, 12:00 – 3:00 p.m., Location: Social Hall**

**FREE ~ Class #13904**

Tired of sitting at home? Join us for a friendly game of table tennis and improve your hand-eye coordination, reflexes, and balance while keeping your brain fit and gaining muscle and cardio endurance. This game is easy on the joints, burns calories, and guarantees giggles with friends. To register, [click here](#).

### **Book Club**

**Tuesday, December 7, 12:15 p.m., Location: Zoom**

**FREE ~ Class #14539**

Join Book Club members and review "Hamnet" by Maggie O'Farrell. To borrow a copy of the book, visit the Mastick Lobby or call (510) 747-7500. Members will receive the Zoom meeting I.D. and passcode information following registration. To register, [click here](#).

### **Transportation 101**

**Tuesday, December 7, 1:00 p.m. – 3:00 p.m., Location: Room D**

**FREE ~ Class #13889**

Katherine "Kat" Kaldis, Paratransit Coordinator, will provide an overview of the various transportation options (East Bay Paratransit, AC Transit Clipper card, FREE shuttle service, and MORE) available to Alameda residents. Bring your questions! To register, [click here](#) or call (510) 747-7513.

### **Hop on the Bus with Us!**

**Wednesday, December 8, 1:00 p.m. – 3:00 p.m., Location: Game Room**

**FREE ~ Class #13892**

Interested in improving your transit skills or gaining more experience using the AC Transit system? If so, join Katherine "Kat" Kaldis, Paratransit Coordinator, to catch the bus together and explore Alameda. Space is limited. To register, [click here](#) or call (510) 747-7513.

### **Protecting Your Equity**

**Tuesday, December 14, 10:00 a.m. – 11:00 a.m., Location: Room D**

**FREE ~ Class #14820**

Join a HICAP Representative to learn about financial issues and potential risks related to home ownership, aging and equity, as well as, an overview of reverse mortgages, types of equity-based loans, and alternative options. To register, [click here](#).

### **New Member Orientation**

**Thursday, December 16, 10:30 a.m., Location: Media Room**

**FREE**

This guided tour is chock-full of information and includes an overview of the Center, a packet outlining the various programs and services, and a coupon for a complimentary lunch! Registration required, call (510) 747-7500.

### **Birthday Celebration**

**Thursday, December 16, 12:30 p.m. – 1:00 p.m., Location: Courtyard**

**FREE ~ Class #14458**

Let's celebrate your special day! Join us on **Thursday, December 16**, in the Mastick Courtyard for sweet treats and happy birthday wishes! To register, [click here](#) or call (510) 747-7500.

### **Teens Teaching Technology**

**Thursday, December 16, 4:00 p.m. – 5:00 p.m., Location: Computer Lab (Room C)**

**FREE ~ Class #14595**

This program is a collaboration between the Mastick Senior Center and the ARPD Teen Program. Teens will assist Mastick members with electronic devices such as, but not limited to, tablets, smart phones, and laptops. To register, [click here](#).

### **Diabetes Support Group**

**Wednesday, December 22, 10:00 a.m. – 12:00, Location: Room D**

**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. Registration required, call (510) 747-7500.

### **Chat Room: Finding Meaning in Your Life**

**Tuesdays, January 4, 11, 18, & 25, 9:30 a.m. – 11:30 a.m., Location: Zoom**

**FREE ~ Class #14713**

Join an ongoing, open-ended discussion. Members will receive the Zoom meeting I.D. and passcode information following registration. To register, [click here](#).

### **Qigong**

**Tuesdays, January 4 – February 8, 10:00 a.m. – 11:00 a.m., Location: Room A**

**Cost: \$52 ~ Class #14719**

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](#).

### **Tai Chi Sword 32 & 42**

**Tuesdays, January 4, 11, 18, & 25, 1:30 p.m. – 2:30 p.m., Location: Social Hall**

**FREE ~ Class #14855**

If you like to challenge yourself and are familiar with Tai Chi Chuan, expand your learning with the Sword Form. The Tai Chi Sword will improve your balance, flexibility, and brain plasticity. To register, [click here](#).

### **Line Dancing for New Beginners**

**Wednesdays, January 5, 12, 19, & 26, 9:30 a.m. – 10:30 a.m., Location: Social Hall**

**Cost: \$27 ~ Class #15394**

For those who are brand new to line dancing. You will learn basic steps, sequencing, terminology for your foot movements, and step - by - step instruction for each dance. Come join us in activating your body and mind with music. To register, [click here](#).

**Join us for... Table Tennis or Ping Pong**  
**Wednesdays, January 5, 12, 19, & 26, 1:00 p.m. – 4:00 p.m., Location: Social Hall**  
**FREE ~ Class #14738**

Tired of sitting at home? Join us for a friendly game of table tennis and improve your hand-eye coordination, reflexes, and balance while keeping your brain fit and gaining muscle and cardio endurance. This game is easy on the joints, burns calories, and guarantees giggles with friends. To register, [click here](#).

**Quilting**  
**Mondays, January 10 – May 23, 9:30 a.m. – 11:30 a.m., Location: Room B**  
**Cost: \$78 ~ Class #14721**

This class is designed for all levels - learn basic quilting skills or receive assistance with existing or new projects. Quilting/Sewing Lab is equipped with two large cutting tables, rulers, mats, and six Janome sewing machines. Basic sewing notions, fabric, and instructions for your project required. Personal sewing machines welcome. Enjoy good times and new friends. No class on 1/17, 2/21, 3/7, 4/18 & 4/25. To register, [click here](#).

**Get Balanced @ Waters Edge Lodge**  
**Mondays & Fridays, January 10 – April 8, 2:30 p.m. – 3:30 p.m.,**  
**Location: Waters Edge Lodge, 801 Island Drive**  
**Cost: \$123 ~ Class #14676**

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. No class on 1/17 & 2/21. To register, [click here](#).

**Yoga**  
**Tuesdays, January 11 – February 15, 9:00 a.m. – 10:15 a.m., Location: Social Hall**  
**Cost: \$48 ~ Class #14759**

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

**Hiring a Caregiver**  
**Tuesday, January 11, 10:00 a.m. – 11:00 a.m., Location: Room D**  
**FREE ~ Class #14821**

Join a HICAP Representative to learn about the definitions of skilled care and personal care, hiring options and practices (agency or other methods), explanations of available payment sources, and tips for success. To register, [click here](#).

**Train Your Brain @ Elders Inn**  
**Tuesdays & Thursdays, January 11 – March 17, 10:00 a.m. – 11:00 a.m.,**  
**Location: Elders Inn, 1721 Webster Street**  
**Cost: \$103 ~ Class #14835**

Practice techniques such as verb generation, coordination exercises, short-term memory recall, listing, basic math, set-shifting, name memorization and attention games to maintain or improve memory. Session includes homework and strategies to work around memory obstacles in your daily routine. To register, [click here](#).

**Chair Yoga**  
**Tuesdays, January 11 – March 1, 10:45 a.m. – 11:45 a.m., Location: Social Hall**  
**Cost: \$59 ~ Class #14639**

Enjoy a gentle form of yoga practiced sitting in a chair or standing using the support of a chair. Relax your body and ease stress while building strength and flexibility. To register, [click here](#).

**The Last Gift Box**  
**Tuesday, January 11, 1:00 p.m. – 3:00 p.m., Location: Room D**  
**FREE ~ Class #14837**

Based on the book, "The Last Gift Box", learn practical ways to organize the "business" aspects of your life and communicate end-of-life decisions and how you wish to be remembered by loved ones. This essential subject is presented with factual information and humor. \$5 donation encouraged. To register, [click here.](#)

**Zumba Gold – Toning**  
**Tuesdays, January 11 – February 1, 2:00 p.m. – 2:55 p.m., Location: Room A**  
**Cost: \$43 ~ Class #15399**

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

**Get Balanced @ Elders Inn**  
**Tuesdays & Thursdays, January 11 – March 31, 2:30 p.m. – 3:30 p.m.,**  
**Location: Elders Inn, 1721 Webster Street**  
**Cost: \$123 ~ Class #14833**

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. No class on 1/17 & 2/21. To register, [click here.](#)

**Fitness for Life**  
**Thursday, January 13, 9:00 a.m. – 11:00 a.m., Location: Social Hall**  
**Cost: \$28 ~ Class #13750**

Do everyday tasks seem to take longer? Do you experience joint pain, have trouble getting off the floor, or are concerned about falling? Learn how to maintain physical fitness and function and create a solid foundation toward longevity and quality of life. Focus on improving joint and spine health, balance, posture, endurance, flexibility, and strength. Movement and exertion level catered to each participant. To register, [click here.](#)

**Zumba Gold**  
**Thursdays, January 13 – February 3, 2:00 p.m. – 2:55 p.m., Location: Social Hall**  
**Cost: \$43 ~ Class #15400**

Zumba Gold is a lower-intensity dance class designed for active older adults. A typical class will feature merengue, salsa, cha-cha, reggaeton, bachata, samba, soca, hip-hop, belly dance and bhangra. Class open to all levels. To register, [click here.](#)

**Connections Support Group**  
**Wednesday, February 16, 1:00 p.m. – 2:00 p.m., Location: Room D**  
**FREE**

The Connections Support Group offers a safe place for seniors to get together to receive information and resources for coping with today's life challenges. Participants will have an opportunity share their experiences, challenges, information, and resources on various topics affecting the senior population. The Senior Connections Case Manager will facilitate the meetings, providing resources, referrals, along with practical and constructive information to assist with working through life's tough and complex issues. Program provided by Alameda Family Services and funded in-part by the Mastick Senior Center Advisory Board. Registration required, call (510) 747-7500.