

## June 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.

#### French Translation - Intermediate

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

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

#### French Conversation - Intermediate

**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](#).

**The Great American Song Book**

**Second Wednesday of each month, June 12, 1:00 p.m. – 3:00 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, June 13, 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 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. To register, [click here](#).

**Resources and Information**

**Third Wednesday of each month (No Meeting in June)**

**July 17, 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.

**NEW! Music from the 40's, 50's, 60's, 70's -**

**including Broadway, Movies, Classic & Country**

**Thursday, June 20, 1:00 p.m., Location: Dining Room 2**

**FREE**

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

**Diabetes Support Group**

**Fourth Wednesday of each month, June 26, 10:00 a.m. – 12:00 p.m.**

**Location: Room E**

**FREE**

If you or someone you love has diabetes, consider joining the Diabetes Support Group, provided by the Alameda County Public Health Department Diabetes Program. For more information, call 510-383-5185. To join this group, call 510-747-7500.

**June Birthday Celebration Join Us!**  
**Thursday, June 27, 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**  
**"Forgotten Composer: Eduard Schutt (1856 - 1933)"**  
**Thursday, June 27, 1:30 p.m., Location: Dining Room 2**  
**FREE**

Join Bill Sturm, Volunteer, for a discussion and piano performance of "Forgotten Composer: Eduard Schutt (1856 - 1933)". Enjoy lyrical, colorful music by this Russian-Austrian composer.

**~ June Classes and Activities ~**

**NEW! Free Urban Cycling Class**  
**Monday, June 3, 6:00 p.m. – 7:30 p.m., Location: Room D**  
**FREE ~ Class #27185**

***This fun workshop is taught by instructor Bonnie Wehmann, certified by the League of American Bicyclists.*** Learn basic rules of the road, how to equip your bicycle, fit your helmet, avoid bike theft, ride after dark, and prevent common crashes explained in kid friendly format, comprehensible for new and experienced riders. Indoor workshop for **adults, tweens and teens, no bike required. No registration is required.**

**NEW! Tai Chi Dance Fitness with Mel**  
**Mondays, June 3 – June 17, 9:30 a.m. – 10:30 a.m., Location: Social Hall**  
**Cost: \$33 ~ Class #27165**

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](#).

**NEW! ACI Workshop: Compost, Recycle and Landfill**  
**Monday, June 3, 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](#)

**Spanish Beginning**

**Mondays, June 3 – July 22, 9:00 a.m. – 10:00 a.m., Location: Room D**

**Cost: \$50 ~ Class #24576**

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

**Spanish Conversation**

**Mondays, June 3 – July 22, 10:30 a.m. – 11:45 a.m., Location: Room D**

**Cost: \$50 ~ Class #24577**

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

**Get Balanced at Waters Edge Lodge**

**Mondays & Wednesdays, June 3 – August 21, 11:00 a.m. – 12:00 p.m.,**

**Location: 801 Island Drive**

**Cost: \$126 ~ Class #24645**

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

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

**Mondays, June 3 & June 10, 12:30 p.m. – 2:00 p.m., Location: Social Hall**

**Cost: \$17 ~ Class #24549**

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.](#)

**NEW! Pickleball: Beginner Game Analysis**

**Mondays, June 3 – June 24, 9:30 a.m. – 11:00 a.m.**

**Location: Leydecker Park Pickleball Courts**

**Cost: \$116 ~ Class #26993**

In this class, you will play and receive "in the moment" feedback from the instructor. Focus will be on shot selection and court positioning. To register, [click here.](#)

**Get Balanced at Waters Edge Lodge**

**Mondays & Wednesdays, June 3 – August 21, 2:30 p.m. – 3:30 p.m.**

**Location: 801 Island Drive**

**Cost: \$126 ~ Class #24646**

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. To register, [click here](#)

### Book Club

**Tuesday, June 4, 12:15 p.m., Location: Zoom**

**FREE**

Join Book Club members on Tuesday, June 4 and discuss: The Library Book by Susan Orlean. 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.

### Yoga with Dina

**Tuesdays, June 4 – June 18, 9:00 a.m. – 10:15 a.m., Location: Social Hall**

**Cost: \$36 ~ Class #24563**

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](#).

### June Walking Club @ Waters Edge Lodge

**Tuesdays & Thursdays, June 4 – June 27, 9:30 a.m. – 10:30 a.m.,**

**Location: 801 Island Drive**

**Cost: \$5 ~ Class #24647**

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](#).

### Qigong

**Tuesdays, June 4 – July 16, 10:00 a.m. – 11:00 a.m., Location: Room A**

**Cost: \$64 ~ Class #24970**

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 on 7/2. To register, [click here](#).

### **NEW!** Introduction to Windows 11

**Tuesdays & Thursdays, June 4 – June 13, 1:00 p.m. – 3:00 p.m., Location: Room C**

**FREE ~ Class #27162**

The Mastick Computer Lab is now running Windows 11. As a result, we are offering this class on Windows 11. This class is for students who have previous knowledge of any other Windows system. Emphasis will focus on the differences between Windows 10 and Windows 11, and topics will include Windows 11 navigation and major elements, files, folders, the manipulation of both, task bar, systems bar, menu bar, system folders, Settings, keyboard short cuts, accounts, and security. To register, [click here](#).

### Tai Chi Dance Fitness with Mel

**Tuesdays, June 4 – June 18, 10:45 a.m. – 11:45 a.m., Location: Social Hall**

**Cost: \$33 ~ Class #25232**

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](#).

### Hula 1

**Tuesdays, June 4 – June 25, 11:30 a.m. – 12:20 p.m., Location: Room A**

**Cost: \$43 ~ Class #24723**

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

**Tuesdays, June 4 – June 25, 2:00 p.m. – 3:00 p.m., Location: Social Hall**

**Cost: \$43 ~ Class #24580**

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, June 5 & June 12, 9:30 a.m. – 10:30 a.m., Location: Social Hall**

**Cost: \$20 ~ Class #24552**

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, June 5 & June 12, 11:00 a.m. – 12:30 p.m., Location: Social Hall**

**Cost: \$20 ~ Class #24556**

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, June 5, 12:30 p.m. – 2:30 p.m., Location: Dining Room 2**

**FREE**



Join other Mastick Members on the 1st and 3rd Wednesday of each month to watch a variety of movies that include current blockbusters as well as the classics. Space is limited.

### **5 — SOME LIKE IT HOT (1959)**

**COMEDY/MUSIC/ROMANCE**

**Starring Marilyn Monroe, Jack Lemmon, and Tony Curtis 2h 1m**

In this quick-witted farce, two male musicians witness a mob hit and flee the state in an all-female band disguised as women. Further complications ensue.

### Qigong

**Thursdays, June 6 – July 18, 10:00 a.m. – 11:00 a.m., Location: Room A**

**Cost: \$64 ~ Class #24971**

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. No class 7/4. To register, [click here](#).



### Yoga with Dina

**Thursdays, June 6 – June 20, 10:00 a.m. – 11:15 a.m., Location: Social Hall**

**Cost: \$36 ~ Class #24565**

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.](#)

### Fitness with Kendra

**Thursdays, June 6 – June 27, 11:45 a.m. - 12:45 p.m., Location: Social Hall**

**Cost: \$39 ~ Class #24740**

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.](#)

### **ROOM CHANGE!** Zumba Gold

**Thursdays, June 6 – June 27, 2:00 p.m. – 3:00 p.m., Location: Room A**

**Cost: \$43 ~ Class #24582**

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.](#)

### Seniors Sea Plane Lagoon Kayak Tour

**Friday, June 7, 10:00 a.m. – 12:30 p.m., Location: Encinal Boat Ramp, 190 Central Ave.**

**Cost: \$58 ~ Class #24572**

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, June 7 - June 28, 10:30 a.m. – 11:30 a.m., Location: Social Hall**

**Cost: \$43 ~ Class #26886**

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.](#)

### Keeping Elders Safe: Elder Abuse and Legal Remedies

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

**FREE ~ Class #24327**

Learn what elder abuse is and the laws that address it. Identify signs of financial, emotional, physical abuse and neglect. Reviews legal remedies available to abused elders, including restraining orders. Covers practical tips to help prevent abuse. Provides information about agencies that can help. To register, [click here.](#)

**NEW! Ice Cream and a Movie!**

**Tuesday, June 11, 10:30 a.m., Movie starts:11:00 a.m., Location: Dining Room 2**

**FREE ~ Class #27163**

Join us for Ice Cream and a Movie! Medicine Man, The Stan Brock Story. A timeless documentary adventure recounting the incredible life story of British-born American cowboy turned US TV star, Stan Brock, who sacrificed everything to bring free healthcare to people in need. **Zoom with the producer after the Movie.** Movie website [www.medicinemanstanbrock.com](http://www.medicinemanstanbrock.com). Registration recommended. To register, [click here](#).

**What To Do with Our Treasures? Who Gets Our Stuff?**

**Wednesday, June 12, 10:00 a.m. – 11:30 a.m., Location: Room E**

**FREE ~ Class #24571**

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

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

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

**FREE ~ Class #24650**

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](#).

**NEW! Mastick Speaker Series**

**Wednesday, June 12, 1:00 p.m. – 3:00 p.m., Location: Media Room**

**FREE ~ Class #26951**

- **June Speaker:**  
*Phong La, Alameda County Tax Assessor*

Mastick Senior Center will host a series of presentations on a wide range of topics designed to benefit senior citizens. Speakers will bring a compassionate look at creating generational wealth, health, and home care options, downsizing if needed, community information and questions and answers on many points of interest. To register, [click here](#).

**Coming Fully Alive as You Age**

**Monday, June 17 – July 15, 10:00 a.m. – 11:15 a.m., Location: Room E**

**Cost \$47 ~ Class #26755**

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



**Registration for Fall 2024 ARPD Programs  
begins at 9:00 a.m. on Tuesday, June 18, 2024!**

Visit [www.alamedaca.gov/mastick](http://www.alamedaca.gov/mastick), in-person, or call 510-747-7500.

PLEASE NOTE: THE WITHDRAWAL FEE FOR ARPD PROGRAMS AND CLASSES IS \$20  
STARTING WITH THE 2024 SUMMER SESSION.

**Movie Matinee**

**Attention!** This month, Tuesday, June 18, due to Juneteenth Holiday, 12:30 p.m. – 2:30 p.m.

**Location: Dining Room 2**

**FREE**



Join other Mastick Members on the 1st and 3rd Wednesday of each month to watch a variety of movies that include current blockbusters as well as the classics. Space is limited.

**18 — UNFROSTED (2024)**

**BIOGRAPHY/COMEDY/HISTORY**

**Starring Jerry Seinfeld, Melissa McCarthy, and Jim Gaffigan 1h 33m (PG-13)**

Michigan, 1963. Kellogg's and Post, sworn cereal rivals, compete to create a pastry that will change the face of breakfast forever. A tale of ambition, betrayal, sugar, and menacing milkmen.

**Yoga for Bone Health**

**Tuesdays, June 18 – August 6, 5:15 p.m. – 6:30 p.m., Location: Social Hall**

**Cost: \$67 ~ Class #24451**

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. No class on 7/2. To register, [click here](#).

**The Last Gift Box**

**Thursday, June 20, 10:00 a.m. – 11:30 a.m., Location: Room E**

**FREE ~ Class #24570**

This class, based on the book, "The Last Gift Box, A Present to Those who Follow Me" offers practical ways to organize the "business" aspects of your life and share with your family and friends your decisions on how you wish to die and be remembered. Using facts and humor, Tina Kreitz, Author, takes this challenging but essential subject and makes it easy to talk about and act upon. Please consider making a \$5 donation to Mastick in class. To register, [click here](#).

**Berkley OLLI Presents**

**Friday, June 21, 10:00 a.m. – 12:00 p.m., Location: Media Room**

**FREE ~ Class #27182**

**Conspiracy Theory: What It Is and Why It Matters**

This Summer Short explores the phenomenon known as Conspiracy Theory in culture and history. Here, we're not concerned with particular conspiracy theories; we're looking at Conspiracy Theory as an archetypal structure around which particular stories form. On the one hand, we'll examine the psychological mechanisms that give this type of narrative its seductive appeal. On the other, we'll look at when and where in history this type of narrative has flared up most aggressively; we'll ask what those periods had in common; and we'll consider what this implies for the metastasizing Conspiracy Theory of our own times. About the Speaker: **Tamim Ansary** writes about history, culture, identity, and the issues that arise in zones where civilizations overlap. His books include *Destiny Disrupted, A History of the World Through Islamic Eyes*, and *The Invention of Yesterday*, which explores world history as an interaction among global narratives. To register, [click here](#).

**Alexander Technique: Better way to Sit, Stand & Move**

**Tue/Wed/Thurs, June 25 – June 27, 10:00 a.m. - 11:30 a.m., Location: Dining Room 2**

**Cost: \$51 ~ Class #24717**

Are you moving to the best of your ability? Join Ms. Lenka Fejt (certified Alexander Technique teacher, B.S. Kinesiology) and learn how to apply the Technique's principles and improve your daily movements. To register, [click here](#).

**Social Security Fraud**

**Wednesday, June 26, 11:00 a.m. – 12:30 p.m., Location: Room D**

**FREE ~ Class #24651**

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, June 26, 1:00 p.m. – 3:00 p.m., Location: Media Room**

**FREE ~ Class #27175**

• **June Speaker:**

*Marilyn Ezzy Ashcraft, City of Alameda Mayor*

**Mayor Marilyn Ezzy Ashcraft's Bio**

Marilyn Ezzy Ashcraft was elected Mayor of Alameda in 2018 after being elected to the Alameda City Council in 2012, where she served as Vice Mayor from 2012 to 2014, and was re-elected to the City Council in 2016. Prior to her election to City Council, Marilyn spent 16 years serving the community as Planning Board Member and President, Economic Development Commissioner, and Alameda Hospital Director. In 2000, she co-chaired the successful campaign to build Alameda's Main Library and renovate our two branch libraries. Two years later, she chaired the successful campaign to keep Alameda Hospital open. Marilyn has also volunteered in our schools and for Meals on Wheels. Currently, Marilyn represents Alameda at the League of California Cities, serves on the League's East Bay Division Executive Committee, and is a member of the Alameda Unified School District/City Council Subcommittee, and AC Transit Inter-Agency Liaison Committee. Marilyn grew up in Alameda and is a proud graduate of Edison Elementary School, Lincoln Middle School and Alameda High. She served as a Probation Officer in Plumas County before attending law school and practicing employment law and civil litigation, and now works as an arbitrator for the Better Business Bureau. Marilyn and her husband raised their, now adult, twins in Alameda and fondly recall the days of soccer games, Girl Scout and Boy Scout activities, and ARPD summer camps. As the granddaughter of immigrants from Syria and Lebanon, Marilyn is the first Arab-American to serve on the City Council. Marilyn earned a B.S. from UC Davis and a J.D. from Santa Clara University School of Law. To register, [click here](#).

**Yoga for Bone Health**

**Wednesdays, June 26 – August 7, 2:45 p.m. – 4:00 p.m., Location: Social Hall**

**Cost: \$59 ~ Class #24453**

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](#).

## ~ July Classes and Activities ~

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

**Monday, July 1, 10:00 a.m. – 11:00 a.m., Location: Media Room**

**FREE ~ Class #26946**

Join 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, July 1 - July 29, 12:30 p.m. – 2:00 p.m., Location: Social Hall**

**Cost: \$43 ~ Class #24550**

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](#).

### **Yoga with Dina**

**Tuesdays, July 2 – July 30, 9:00 a.m. – 10:15 a.m., Location: Social Hall**

**Cost: \$58 ~ Class #24564**

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](#).

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

**Tuesdays & Thursdays, July 2 – July 30, 9:30 a.m. – 10:30 a.m.,**

**Location: 801 Island Drive**

**Cost: \$5 ~ Class #24648**

Go for a walking excursion around the lagoon with AES Therapy & Fitness and take in the beautiful sights. \$5 for entire class run. No class 7/4. To register [click here](#).

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

**Tuesdays, July 2 – July 30, 10:45 a.m. – 11:45 a.m., Location: Social Hall**

**Cost: \$53 ~ Class #25233**

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](#).

### **Hula 1**

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

**Cost: \$53 ~ Class #24724**

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](#).

**NEW! UPDATED Support Group: Joys and Challenges of Aging**  
**Tuesdays, July 2 – July 23, 1:00 p.m. – 2:00 p.m., Location: Room D**  
**Cost: \$80 ~ Class #26754**

From the instructor – “I’m 78 and live in a 55+ co-housing community in Oakland. I have four kids and 8 grandkids. I’m a retired clinical psychologist. I love my work, because I’ve had the privilege of working with hundreds of interesting people on a huge range of challenges. I’ve also done volunteer work with under-served women and children, refugees, and immigrants. I’ve found that empowerment is always at the foundation of healing and growth. And groups are the first-class place for empowerment. One of the great joys of aging is that learning never ends! To register, [click here.](#)

**Line Dancing for Absolute Beginners (Level 1)**  
**Wednesdays, July 3 -- July 31, 9:30 a.m. – 10:30 a.m., Location: Social Hall**  
**Cost: \$43 ~ Class #24553**

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, July 3 -- July 31, 11:00 a.m. – 12:30 p.m., Location: Social Hall**  
**Cost: \$43 ~ Class #24560**

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.](#)

**NEW! An Introduction to Artificial Intelligence**  
**Monday, July 8, 9:00 a.m. -- 10:30 a.m., Location: Social Hall**  
**FREE ~ Class #27143**

Although Artificial Intelligence (AI) is not a new concept, the fact that it is a technology that is now available to everyone is an enormous development. It has exploded in terms of its acceptance and use. This lecture will describe AI as it exists now, its rapid, ongoing changes, and focus on possible uses by the public. We'll discuss what is AI, some of the concerns, and what is being done about those concerns. A significant amount of time will be spent showing how to use this new technology. Bring your questions! To register, [click here.](#)

**Book Club**  
**Tuesday, July 2, 12:15 p.m., Location: Zoom**  
**FREE**

Join Book Club members on Tuesday, July 2 and discuss Travels with Charley: In Search of America by John Steinbeck. 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.

**Chair Yoga**  
**Mondays, July 8 -- August 12, 11:00 a.m. – 12:00 p.m., Location: Social Hall**  
**Cost: \$63 ~ Class #24718**

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

**Fitness for Seniors! Balance, Mobility & Stability**

**Mondays, July 8 – August 12, 12:15 p.m. – 1:05 p.m., Location: Room A**

**Cost: \$63 ~ Class #24719**

Join fellow seniors in a welcoming environment to feel safe when moving from place to place. Practice gentle movements to help improve your balance, mobility, and stability. Participation in this class will aid in the ability to sit and stand more easily, as well as decrease your probability of falling and prevent injury. To register, [click here.](#)

**Pickleball: Int/Advanced Pickleball: Learn via Game Play Analysis**

**Mondays, July 8 – July 29, 12:30 p.m. – 2:00 p.m.**

**Location: Lincoln Park Pickleball Courts**

**Cost: \$116 ~ Class #26996**

This class is designed for intermediate and advanced players...Not appropriate for beginners. Develop your game by playing with others who have similar skill sets as yours and receive feedback/coaching/analysis about your game from the instructor. Players must advance consistently to the NVZ line after return of serve. Taught by Marcia Neishi who is both a skilled tournament player as well as a certified instructor through the International Pickleball Teaching Professional Association. To register, [click here.](#)

**NEW! Free Urban Cycling Class**

**Monday, July 8, 6:00 p.m. – 7:30 a.m., Location: Media Room**

**FREE ~ Class #27186**

***This fun workshop is taught by instructor Bonnie Wehmann, certified by the League of American Bicyclists.*** Learn basic rules of the road, how to equip your bicycle, fit your helmet, avoid bike theft, ride after dark, and prevent common crashes explained in kid friendly format, comprehensible for new and experienced riders. 1.5-hour, indoor workshop for **adults, tweens and teens, no bike required. No registration is required.**

**The ABC's of LTC: An Overview of Long Term Care Insurance**

**Tuesday, July 9, 10:00 a.m. – 11:00 a.m., Location: Room D**

**FREE ~ Class #24328**

Describes what long term care is and what Medicare and Medi-Cal cover. Explains the different ways of getting of long term care and options for financing it. Focuses on the features as well as the pros and cons of long-term care insurance. Offers guidelines for purchasing long term care insurance. Explains how policies covering home and community-based care, stand alone or comprehensive, can help someone to remain safely at home. To register, [click here.](#)

**NEW! Collette Travel Presentation**

**Tuesday, July 9, 10:30 a.m. – 12:30 p.m., Location: Media Room**

**FREE ~ Class #26976**

Local and International travel! Many wonderful places to visit! All you want to know about travel, future local and international trips, and great hospitality. Please join us, bring your questions, and receive good discounts! Walk-ins welcome. To register, [click here.](#)

### **Zumba Gold Toning**

**Tuesdays, July 9 – July 30, 2:00 p.m. – 3:00 p.m., Location: Social Hall**

**Cost: \$43 ~ Class #24581**

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.](#)

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

**Wednesdays, July 10 – August 14, 9:00 a.m. – 10:00 a.m., Location: Room A**

**Cost: \$63 ~ Class #24720**

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, July 10 – August 14, 10:30 a.m. – 11:30 a.m., Location: Room A**

**Cost: \$63 ~ Class #24721**

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.](#)

### **Yoga with Dina**

**Thursdays, July 11 – August 1, 10:00 a.m. – 11:15 a.m., Location: Social Hall**

**Cost: \$47 ~ Class #24566**

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.](#)

### **Pickleball Learn to Play**

**Thursdays, July 11 – August 1, 11:00 a.m. – 12:30 p.m.**

**Location: Leydecker Park Pickleball Courts**

**Cost: \$116 ~ Class #24794**

This class is designed for beginners and for first time players! You will learn basic shots like the dink, volley, serve and return of serve. Court positioning and basic strategy will be discussed. Start your lifelong enjoyment of this fastest growing sport! Taught by Marcia Neishi who is both a skilled tournament player as well as a certified instructor through the International Pickleball Teaching Professional Association. To register, [click here.](#)

### **Fitness with Kendra**

**Thursdays, July 11 – July 25, 11:45 a.m. - 12:45 p.m., Location: Social Hall**

**Cost: \$30 ~ Class #24741**

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.](#)



**NEW! BaM (Balance and Mobility)**

**Thursdays, July 11 – August 29, 2:00 p.m. – 2:50 p.m., Location: Social Hall**

**Cost: \$63 ~ Class #27164**

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](#).

**Pickleball Intermediate Drills**

**Thursdays, July 11 – August 1, 1:00 p.m. – 2:00 p.m.**

**Location: Lincoln Park Pickleball Courts**

**Cost: \$88 ~ Class #24795**

Improve your game and sharpen your skills! Enjoy drills designed to benefit the intermediate level player. Designed and run by Marcia Neishi, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association. To register, [click here](#).

**Pickleball Advanced Drills**

**Thursdays, July 11 – August 1, 2:00 p.m. – 3:00 p.m.**

**Location: Lincoln Park Pickleball Courts**

**Cost: \$88 ~ Class #24796**

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](#).

**Zumba Gold**

**Thursdays, July 11 – July 25, 2:00 p.m. – 3:00 p.m., Location: Room A**

**Cost: \$33 ~ Class #24583**

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](#).

**Sea Plane Lagoon Kayak Tour**

**Friday, July 12, 10:00 a.m. – 12:30 p.m., Location: Encinal Boat Ramp 190 Central Ave.**

**Cost: \$58 ~ Class #24573**

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, July 12 – July 26, 10:30 a.m. – 11:30 a.m., Location: Social Hall**

**Cost: \$33 ~ Class #26887**

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](#).

### **Strength Training and Cardio**

**Fridays, July 12 – August 16, 10:45 a.m. – 11:45 a.m., Location: Room A**

**Cost: \$63 ~ Class #24722**

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.](#)

### **Qigong**

**Tuesdays, July 23 – August 20, 10:00 a.m. – 11:00 a.m., Location: Room A**

**Cost: \$54 ~ Class #24972**

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.](#)

### **Qigong**

**Thursdays, July 25 – August 22, 10:00 a.m. – 11:00 a.m., Location: Room A**

**Cost: \$54 ~ Class #24973**

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.](#)

### **Senior Rights and Legal Empowerment**

**Friday, July 26, 10:00 a.m. – 11:30 a.m., Location: Media Room**

**FREE ~ Class #24977**

Explore the laws and regulations designed to safeguard individuals, especially seniors, now and later in life. Hear an overview of principles of legal and financial protection, including rights, property laws, and privacy regulations. Presented by *Alameda Senior Transitions*. To register, [click here.](#)

### **NEW! UPDATED International Cooking: Regions of Italy**

**Monday-Friday, July 29 – August 2, 1:30 p.m. – 3:00 p.m., Location: Room E**

**Cost: \$129 ~ Class #27179**

You won't need a passport to cook from different countries around the world! We will learn about culture, tastes, and celebrations while enjoying the foods and flavors from different countries. This edition is Regions of Italy and includes a recipe book emailed to you after the last session. To register, [click here.](#)

### **Online Dating Fraud**

**Wednesday, July 31, 11:00 a.m. – 12:30 p.m., Location: Room D**

**FREE ~ Class #24653**

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.](#)

# **Mastick Trips**

## **Asian Art Museum: Phoenix Kingdoms**

**Monday, July 15, 8:45 a.m. – 3:30 p.m., Location: San Francisco**

**Cost: \$65 ~ Class #27181**

**The Last Splendor of China's Bronze Age Exhibition.** Rising from the ashes of conquest, two brilliant but forgotten cultures claim their rightful places in China's history. "Keeping traditions alive while transforming them with contemporary appeal.... Visit this show." – The New York Times. "Stunning mythical artworks." – Smithsonian Magazine.

**Lunch at Scott's! Exceptional Service Since 1976.** Located in the heart of **Jack London Square**, Scott's menu and ambiance reflect a truly wonderful dining experience.

**Admission, transportation, and lunch are included.** To register, [click here](#).

## **Roaring Camp Railroads: Redwoods Forest Stream Train Ride**

**Wednesday, August 28, 8:15 a.m. – 5:30 p.m., Location: Roaring Camp, Santa Cruz**

**Cost: \$99 ~ Class #27176**

Meet at Mastick Senior Center at 8:15 a.m. for check in. First stop, 10:30 a.m. Henry Cowell Redwoods State Park for a docent tour about Redwood Trees and ecosystem. Approximately one-hour easy walking tour.

Next stop is Roaring Camp. Redwood Train Ride starts at noon. Travel over trestles, through towering redwood groves and up a winding narrow-gauge grade to the summit of Bear Mountain as conductors narrate the history of Roaring Camp, the railroad forest ride. In the 1880s, narrow-gauge steam locomotives were used to haul giant redwood logs out of the mountains. Roaring Camp's steam engines date from 1890 and are among the oldest and most authentically preserved narrow-gauge steam engines providing regularly scheduled passenger service in America. Bring a light jacket.

Lunch at about 2:00 p.m. at Crow's Nest Café with amazing view and very tasty meals!

Return to Mastick Senior Center at approximately 5:30 p.m., depending on traffic.

**Admission, transportation, and lunch are included.** To register, [click here](#).