

July 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 translation 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

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, July 10, 1:00 p.m. – 2:30 p.m.

Location: Dining Room 2

FREE

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

Alameda Stamp Club

Second Thursday of each month, July 11, 1:00 p.m. – 3:00 p.m., Location: Room D

FREE ~ Class #24777

Join the Alameda Stamp Club, a group of stamp or philatelic collectors, established in 1947. Members will help you get started collecting or refreshing your collection. If you have an inherited collection, the club will help you manage it. The club is experienced at answering related questions and directing you to the correct resources. Stamp collecting is the hobby of kings. Join in or drop by to experience it for yourself. To register, [click here](#).

Resources and Information

Third Wednesday of each month

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, July 18, 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, July 24, 10:00 a.m. – 12:00 p.m.

Location: Room E

FREE

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

June Birthday Celebration **Join Us!**
Fourth Thursday of each month, July 25, 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
Intimate Sounds: Frederic Mompou (1893 - 1987)
Fourth Thursday of each month, July 25, 1:30 p.m. – 2:30 p.m., Location: Dining Room 2
FREE

Join Bill Sturm, Volunteer, for a discussion and piano performance of the intimate, soulful music of this Spanish composer.

~ July Classes and Activities ~

NEW! Tai Chi Dance Fitness with Mel
ROOM CHANGE Mondays, July 1 – July 29, 9:30 a.m. – 10:30 a.m., Location: Room A
Cost: \$43 ~ Class #27201

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](#).

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](#).

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](#).

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. Mastick has a limited supply of each book available for lending. If interested, call 510-747-7500.

NEW! 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

One of the great joys of aging is that learning never ends. Empowerment is at the foundation of healing and growth. Join a retired clinical psychologist in a group discussion on a wide range of topics. To register, [click here](#).

NEW! Evening Zumba Gold with Mel

Tuesdays, July 2 – July 30, 5:15 p.m. – 6:15 p.m., Location: Room A

Cost: \$53 ~ Class #27203

Zumba Gold is a simplified, low impact dance class designed for active older adults and beginners. Experience the joy of movement choreographed to infectious music. Curated playlists include salsa, merengue, cumbia, tango, disco, flamenco, swing, belly dance, and more. Improve flexibility, balance, coordination, and cardiovascular health. No dance experience needed. Class can be modified for all fitness levels. 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, invigorate your body and mind with music. Learn basic steps, sequencing, and terminology for your foot movements and step-by-step instruction for each dance. 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](#).

RESCHEDULED Social Security Fraud

Wednesday, July 3, 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](#).

Movie Matinee

Wednesday, July 3, 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.

3 — CRAZY RICH ASIANS (2018)

COMEDY/DRAMA/ROMANCE

Starring Constance Wu and Harry Golding 2h (PG-13)

This contemporary romantic comedy based on a global bestseller follows native New Yorker Rachel Chu to Singapore to meet her boyfriend's family.

NEW! An Introduction to Artificial Intelligence

Monday, July 8, 9:00 a.m. - 10:30 a.m., Location: Social Hall

FREE ~ Class #27143

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

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](#).

NEW! Free Urban Cycling Class

Monday, July 8, 6:00 p.m. – 7:30 p.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

Learn what long-term care is and what Medicare and Medi-Cal covers, and the different ways of getting long-term care and options for financing it. The presentation focuses on the features, pros and cons of long-term care insurance and offers guidelines for purchasing long-term care insurance. Learn how policies cover home and community-based care, stand-alone or comprehensive, and 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

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

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.](#)

NEW! Mastick Speaker Series

**Wednesday, July 10, 1:00 p.m. – 3:00 p.m., Location: Media Room
FREE ~ Class #27240**

Radium -- Rachel Campos will discuss the Alameda Point revitalization, creating a regional destination and culture anchor in a dramatic location with panoramic views of the San Francisco skyline and Bay. Envision a vibrant Performing Arts Center for local and international artists presenting music, dance, opera theater, and library arts. 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](#).

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, completed at your own pace, and 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](#).

LOCATION CHANGE Pickleball Advanced Drills

**Thursdays, July 11 – August 1, 2:00 p.m. – 3:00 p.m.
Location: **The Hub Sports Club**
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](#).

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.](#)

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.](#)

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.](#)

NEW! Introduction to Qigong
Saturdays, July 13 – August 24, 10:00 a.m. – 11:00 a.m.
Location: Room A
Cost: \$64 ~ Class #27202

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 8/3. To register, [click here.](#)

Movie Matinee
Wednesday, July 17, 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.

17 — HIT MAN (2023)

ACTION/COMEDY/CRIME

Starring Glen Powell, Adria Arjona and Austin Amelio 1h 55m

A professor moonlighting as a fake hitman for the New Orleans Police Department descends into dangerous, morally dubious territory when he finds himself attracted to a woman who enlists her services.

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.](#)

NEW! DEMO CLASS Senior Soul Dance with Michele

Tuesday, July 23, 3:30 p.m. – 4:30 p.m.

Location: Room A

FREE ~ Class #27234

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

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

Texting Scams

Wednesday, July 24, 11:00 a.m. – 12:30 p.m.

Location: Room D

FREE ~ Class #24652

Join William Smith, retired FBI Agent, to learn about the use of telephone text messages to get people to respond, provide information needed to access bank and credit card accounts, or install malware. To register, [click here.](#)

NEW! Mastick Speaker Series

Wednesday, July 24, 1:00 p.m. – 3:00 p.m.

Location: Media Room

FREE ~ Class #27243

1031 Tax Exchanges -- James Callejas of IPX 1031 will discuss advantages, strategies and if and when you know a 1031 Exchange is right for you. Are there any special rules or regulations in CA? The benefits of a 1031 Exchange and can you use funds from a 1031 for a property you already own. There are many nuances people may not be aware of. 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.](#)

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 someone or sending money. To register, [click here.](#)

~ August Classes and Activities ~

July Walking Club @ Waters Edge Lodge

Tuesdays & Thursdays, August 1 – August 29, 9:30 a.m. – 10:30 a.m.

Location: 801 Island Drive

Cost: \$5 ~ Class #24649

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.](#)

Fitness with Kendra

Thursdays, August 1 – August 29, 11:45 a.m. - 12:45 p.m., Location: Social Hall

Cost: \$48 ~ Class #24742

Full body workout that includes stretching, low-impact cardio, strength and balance training with light weights, and floor/mat core work. All moves can be modified for all fitness levels, are completed at your own pace, and are set to fun music. Chairs and weights are provided. To register, [click here.](#)

Sea Plane Lagoon Kayak Tour

Friday, August 2, 10:00 a.m. – 12:30 p.m., Location: Encinal Boat Ramp 190 Central Ave.

Cost: \$58 ~ Class #24574

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

Retro Dance Fitness with Mel

Fridays, August 2 – August 23, 10:30 a.m. – 11:30 a.m., Location: Social Hall

Cost: \$43 ~ Class #26888

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

NEW! Tai Chi Dance Fitness with Mel

Mondays, August 5 – August 26, 9:30 a.m. – 10:30 a.m., Location: Room A

Cost: \$43 ~ Class #27235

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, August 5, 10:00 a.m. – 11:00 a.m., Location: Room E

FREE ~ Class #26946

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

LOCATION CHANGE Pickleball: Int/Advanced Pickleball: Learn via Game Play Analysis

Mondays, August 5 – August 26, 12:30 p.m. – 2:00 p.m.

Location: The Hub Sports Club

Cost: \$116 ~ Class #26997

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, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association. To register, [click here](#).

Line Dancing for Returning Beginners (Level 2)

Mondays, August 5 - August 26, 12:30 p.m. – 2:00 p.m., Location: Social Hall

Cost: \$35 ~ Class #24551

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

Tai Chi Dance Fitness with Mel

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

Cost: \$43 ~ Class #25234

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

Hula 1

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

Cost: \$43 ~ Class #24725

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

Hula 2

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

Cost: \$43 ~ Class #24727

This class welcomes all who have danced the Hula previously and are familiar with more of the basic Hula steps. Along with the dance, you'll learn stories and a bit of the Hawaiian language. Wear comfortable stretch clothing to allow for ease of movement. Fun, aloha, exercise, all in one place! To register, [click here.](#)

NEW! Senior Soul Dance with Michele

Tuesdays, August 6 – August 27, 3:30 p.m. – 4:30 p.m., Location: Room A

Cost: \$27 ~ Class #27233

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

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

Line Dancing for Absolute Beginners (Level 1)

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

Cost: \$35 ~ Class #24554

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

Line Dancing for High Beginners (Level 3)

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

Cost: \$35 ~ Class #24562

Designed for experienced beginners plus those who have been line dancing for some time and have mastered the basic steps and movements. More complex steps will be added. To register, [click here.](#)

Movie Matinee

Wednesday, August 7, 12:30 p.m. – 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.

7 — GLENGARRY GLEN ROSS (1992)

CRIME/DRAMA/MYSTERY

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

An examination into the machinations behind the scenes at a New York City real estate office. When the salesmen are given the news that all but the top two will be fired by the end of the week, the atmosphere begins to heat up.

Pole Walking for Veterans

**Saturday, August 10, 9:30 a.m. – 12:30 p.m., Location: Social Hall
FREE ~ Class #24547**

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

Spanish Beginning

**Mondays, August 12 – October 7, 9:00 a.m. – 10:00 a.m., Location: Room D
Cost: \$50 ~ Class #26852**

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

Spanish Conversation

**Mondays, August 12 – October 7, 10:30 a.m. – 11:45 a.m., Location: Room D
Cost: \$50 ~ Class #26853**

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

Create a Secure Future: Advance Health Care Directives

**Tuesday, August 13, 10:00 a.m. – 11:00 a.m., Location: Room D
FREE ~ Class #24329**

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

Yoga for Bone Health

**Tuesdays, August 13 – October 1, 5:15 p.m. – 6:30 p.m., Location: Social Hall
Cost: \$67 ~ Class #26892**

Yoga promotes bone health, based on research by Dr. Loren Fishman demonstrating that a targeted Yoga practice can slow, stop, and even reverse the progress of osteopenia and osteoporosis, and prevent the development of these conditions in those who do not have them. Suitable for all levels of ability and experience with Yoga. To register, [click here.](#)

Billing and Delivery Scams

**Wednesday, August 14, 11:00 a.m. – 12:30 p.m., Location: Room D
FREE ~ Class #24654**

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

Yoga for Bone Health

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

Cost: \$67 ~ Class #26895

Yoga promotes bone health, based on research by Dr. Loren Fishman demonstrating that a targeted Yoga practice can slow, stop, and even reverse the progress of osteopenia and osteoporosis, and prevent the development of these conditions in those who do not have them. Suitable for all levels of ability and experience with Yoga. To register, [click here.](#)

LOCATION CHANGE Pickleball: Beyond the Basics

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

Location: The Hub Sports Club

Cost: \$116 ~ Class #26990

Improve your game and sharpen your skills! Enjoy drills designed to benefit the advanced beginner/intermediate player. Learn more effective dinking, volleying and 'the 3rd shot'. Designed and run by Marcia Neishi, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association. To register, [click here.](#)

LOCATION CHANGE Pickleball Intermediate Drills

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

Location: The Hub Sports Club

Cost: \$88 ~ Class #26991

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

LOCATION CHANGE Pickleball Advanced Drills

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

Location: The Hub Sports Club

Cost: \$88 ~ Class #26992

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

Movie Matinee

Wednesday, August 21, 12:30 p.m. – 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.

21 — THE UNION (2024)

ACTION/THRILLER

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

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

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 Seafood Grill & Bar, located in the heart of Jack London Square. **Admission, transportation, and lunch are included.** To register, [click here.](#)