

Staying Active~

Living Well in the Community

The CIL, is offering a free, 10-session virtual health workshop series to assist with feeling down, depressed, or isolated. This health/wellness workshop series for individuals, age 55+, provides life skills needed to set and achieve quality-of-life goals. For more information or to enroll, contact Grace Wright at gwright@thecil.org or (510)841-4776.

Line Dance for Beginners

Mondays, February 1 - 22, 12:30 p.m. - 2:00 p.m., Location: Zoom
Cost: \$24 ~ Class #11237

Designed for returning beginners who want to continue learning more steps and new dances. Dance for fun while exercising your body and mind to a variety of music. To enroll, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

Book Club

Tuesday, February 2, 12:15 p.m., Location: Zoom
Free ~ Class #11245 (February)

On Tuesday, **February 2**, Book Club members will review "The Lacuna" by Barbara Kingsolver and "Educated" by Tara Westover will be reviewed on **March 2 Class #11246 (March)**. To borrow a copy of the book, contact jkrause@alamedaca.gov or call (510) 747-7510. To register for February, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

Gentle Yoga

Tuesdays, February 2 – March 2 (No Class on 2/16), 10:30 a.m. - 11:30 a.m., Location: Zoom
Cost: \$35 ~ Class #11242

Join Tatiana Stollman, Instructor, for a gentle practice including calming poses with an emphasis on stretching and breathing. Focus on holding asanas or poses in a quiet, meditative state. To prepare for class, have a yoga mat and comfortable clothing. Useful but not required: a yoga strap and yoga block. To enroll, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

Pilates

Wednesdays, February 3 – March 3 (No Class 2/17), 10:30 a.m. - 11:30 a.m., Location: Zoom
Cost: \$24 ~ Class #11241

Low impact varied exercises to develop muscular (arms, core, legs, glutes) strength. To register, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

Zoom with Mastick! ~ FREE

Thursdays, February 4 & 18, 10:00 a.m., Location: Zoom

Join Ed Kallas, Recreation Supervisor I, for a lively discussion on various topics: tech help, Mastick updates, or whatever's on your mind! To join, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

Weekly Tech Support - FREE

Thursdays (February 4, 11, 18, 25) 11:00 a.m. - 12:00, Location: Zoom
Free ~ Class #10876

Get your technical questions answered. Joe Brandt, Volunteer, is offering a weekly opportunity to learn more about your computer, mobile device, WiFi connections and more. To register, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

Mastick Movie Club

Join us on **Friday, February 5**, at 10:00 a.m. to discuss “Ma Rainey’s Black Bottom,” starring Viola Davis and Chadwick Boseman in his final performance before losing his battle with colon cancer. “Ma Rainey’s Black Bottom” is a film adaptation of the August Wilson play of the same name and is part of Denzel Washington’s “Fences” project to have all of Wilson’s plays made into movies. Iris DeMello, Volunteer, has graciously agreed to moderate!! To participate, please contact Jackie Krause, Recreation Manager, at jkrause@alamedaca.gov or (510) 747-7510 or [click here](#).

Hula Basics and Advanced Rehearsals

Friday, January 29 – May 28, 1:00 p.m. – 3:00 p.m., Location: Zoom
Free ~ Class #11244

1:00 p.m. – 2:00 p.m.: All are welcome as we review the Hula Basics...Hulas for this half include, (3 times each), Ka Ua A O Hilo and Hukilau.

2:00 p.m. – 3:00 p.m.: Designed for experienced Hula dancers for review of Kawika, Hale'iwa Hula, KAWIKA and HALE'IWA.

To join, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

Franz Liszt: Rock Star (Recorded Presentation)

Monday, February 8, 1:30 p.m. - 3:00 p.m., Location: Zoom (Class #10879)

John Kendall Bailey, music director, conductor, chorus master, will facilitate a presentation on Franz Liszt, one of the greatest virtuoso pianists who gave it all up at age 35 to devote himself to composition. His personal life would suit the tabloids, if they had existed. He considered entering the priesthood on several occasions, but also had affairs with two married noblewomen. All that aside, he contributed to radically innovative harmony and invented the symphonic poem. Mr. Kendall Bailey introduces you to the life and work of this charismatic and influential musical genius. This CSUEB Scholar-OLLI program is sponsored by the MSCAB. Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins. To register, [click here](#).

Introduction to Computers

Tuesdays, February 9 – March 9, 10:30 a.m. – 11:30 a.m., Location: Zoom
Free ~ Class #10291

Starting with the basics, prior technical knowledge is unnecessary! Topics include: hardware (USBs, hard drives, external disks, Wi-Fi, connecting devices to your computer, differences between tower computers and laptops) software operating systems (Windows 10), applications, files, how to create, copy and delete files, how to copy files to and from a USB drive. To register, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

CA Real ID Card and CA DMV Written Test Seminar

Wednesday, February 10, 1:30 p.m. – 3:00 p.m., Location: Zoom
Free ~ Class #11239

Join Joe Brandt, Volunteer, for the CA Real ID and DMV Written Test Seminar. This seminar will provide: 1.) Step-by-step assistance to accessing the appropriate DMV forms and applying online for the CA Real ID Card; and 2.) How to prepare for the CA DMV written test with the use of an app available on your mobile device. To register, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

WheelChats: A Virtual Chat with Our Wheelchair Expert

Wednesday, February 10, 2021, 11:00 a.m. – Noon

Bring your wheelchair inquiries AND answers to our bi-monthly WheelChats. This will be an open community session for folks to ask questions, share experience and build community! Sponsored by

the Center for Independent Living (The CIL). For more information, contact: coco@thecil.org or call (510) 841-4776.

Learn to Play Pickleball

Thursdays, February 11 – March 4, 11:00 a.m. - 12:30 p.m., Location: Lincoln Park

Cost: \$113 ~ Class #11184

This beginners class is designed for first time players! 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, International Pickleball Teaching Professional Association Certified Instructor. To register, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

Pickleball: Beyond the Basics

Thursdays, February 11 – March 4, 1:00 p.m. - 2:30 p.m., Location: Lincoln Park

Cost: \$113 ~ Class #11185

Improve your game by sharpening your skills! This class is designed for the advanced beginner/intermediate player! Learn more effective dinking, volleying, and 'the 3rd shot'. Experience fun and helpful practice and playing drills to help take your game to the next level. Taught by Marcia Neishi, International Pickleball Teaching Professional Association Certified Instructor. To register, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

Virtual Mastick Artist Exhibition

Thursday, February 18, 10:00 a.m., Location: Zoom

FREE ~ Class #11243

Join us for a virtual art exhibit of art completed by Mastick artists during the Shelter in Place Orders. Glass work, drawing, painting, clay work and more will be featured. To register, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

Qigong

Tuesdays, February 23 – March 30, 9:00 a.m. - 10:00 a.m., Location: Zoom

Cost: \$52 ~ Class #11240

Qigong is an ancient discipline that includes visualization, mindfulness, and focus on breathing. Improve mental and physical health with correct posture, movement, and breathing technique. To register, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

How to Age in Place: Hiring and Working with a Caregiver

Tuesday, February 23, 1:00 p.m. – 2:00 p.m., Location: Zoom

Free ~ Class #10880

- Reviews definitions of skilled care and personal care and explains available payment sources;
- Covers tips for success and how to identify care needs to safely remain in the home;
- Explains differences between hiring through an agency or other methods; and
- Provides resources for how to hire and maintain employment of a caregiver.

To register, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

East Bay Parks: Virtual Redwood Rendezvous

Thursday, February 25, 3:00 p.m. – 4:00 p.m., Location: Zoom

Free ~ Class #11238

Join East Bay Parks Naturalist from Crab Cove for a fascinating presentation on the Redwoods of Northern California. To register, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

Looking Forward to...

Role of the Military in American Society (Recorded Presentation)
Monday, March 8, 1:30 p.m. - 3:00 p.m., Location: Zoom
Free ~ Class #10881

Dr. Michael Baker, MD, FACS, Rear Admiral, Medical Corps, USN (ret), will discuss the military's recent, and controversial, call into service in American cities during social protests. Some view this as a violation of the Constitution and an abuse of power. What does the law say and what is an appropriate use of the military in American Society? Explore the Insurrection Act, the Posse Comitatus Act, and the Bonus March on Washington. We will discuss whether to resume the draft, other options for public service, and why everyone needs to "have skin in the game." Dr. Baker offers his expertise and explains some of the options to us. You will be glad you joined us for this opportunity. This CSUEB Scholar-OLLI program is sponsored by the MSCAB. Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins. To register, [click here](#).

Create a Secure Future: Advance Health Care Directives
Tuesday, March 23, 1:00 p.m. – 2:00 p.m., Location: Zoom
Free ~ Class #10882

- Explains Advance Health Care Directives and how to complete them;
- Gives information about appointing an agent, end-of-life decision-making and POLST forms; and
- Provides referrals for other planning tools, such as wills and Durable Powers of Attorney for Finance.

Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins. To register, [click here](#).

The Universe from Your Backyard: The Many Phases of the Moon (Recorded Presentation)
Monday, April 12, 1:30 p.m. - 3:00 p.m., Location: Zoom
Free ~ Class #10883

Katie Berryhill, Ph.D., Adjunct Professor of Astronomy, Los Medanos College, will discuss how air quality has temporarily improved with fewer planes in the sky and cars on the road. Dr. Berryhill will guide us into the vastness of the universe right from our own backyard, patio, or driveway. She'll provide a simple but powerful tool for predicting when each phase of the moon is visible and for when it's not--the perfect time to look for meteors. Allow OLLI and Dr. Berryhill to make your home sky gazing experience richer and more interesting. No special equipment is needed, but if you have your own telescope or binoculars put them to use. The air is clear, so seize the day---well, the clear nights! This CSUEB Scholar-OLLI program is sponsored by the MSCAB. Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins. To register, [click here](#).

Trip Planning Workshop
Tuesday, April 20, 1:00 p.m., Location: Google Hangouts

This workshop will walk you through how to use Google Maps and the Transit App to plan trips, find resources near you, check real-time departures and more! Become a CIL member to access one-on-one trip planning, Emergency Preparedness, and Advocacy Consultations and receive a \$5 value BART ticket. **To participate and receive workshop information and materials**, please RSVP through The CIL's website [portal](#) and mention your participation in Mastick Senior Center's Trip Planning Workshop on April 20. If you have any questions, please email coco@thecil.org.

Literature & Games ~

Alameda Free Library Services

Alameda Free Library's E-Library - For online resources, [click here](#).

Alameda Free Library Takeout: M/W/F: 12:00 - 5:00 p.m. ~ To participate:

1. Place holds on the materials you want to check out either [online](#) or by calling (510) 747-7740 during the times listed above.
2. When your materials are ready, you will receive notification. Call us at (510) 747-7740 during the available times to make an appointment to pick up your HOLDS. You MUST have an appointment to pick up your materials.
3. All materials will be available for pickup at the Main Library only. Please come to the front door at your appointed time and we'll have your materials ready for you.

Mastick's Book "Grab 'n' Go"

Mastick Senior Center has a treasure trove of books available for you! We cannot promise a particular author; however, we can create genre (Mystery, Romance, Non/Fiction, Classic, Adventure/Western, Biography, Large Print) "Grab 'n' Go" bags. To participate, please call (510) 747-7506 or email masticksuggestion@alamedaca.gov and provide your name, phone number, and preferred genre. We will call once the bag is ready for pick-up.