

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.

Zoom with Mastick! ~ FREE

Thursdays, April 1 & 29, 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.

Mastick Movie Club

Join us on **Friday, April 2**, at 10:00 a.m. to discuss "One Night in Miami." This is Regina King's first directorial work and is a look at an imagined conversation with Malcolm X, Muhammad Ali, Sam Cooke and Jim Brown in a motel in Miami following Ali's fight with Sonny Liston. It is based on a true story. The movie is available on Prime Video.* To participate, please contact Jackie Krause, Recreation Manager, at jkrause@alamedaca.gov or (510) 747-7510 or [click here](#). *For a fee, Prime Video is offered as a stand-alone service or as part of Amazon's Prime subscription.

Hula Dance with Alberta Jay

Intermediate and Advanced Rehearsals

FREE ~ Fridays, Location: Mastick Patio

Intermediate Hula (Class #10535) ~ 1:00 p.m. – 2:00 p.m.: All are welcome as we review the Hula. Join Alberta Jay, Instructor, to learn Hula dance steps, posture, hand and hip movements, and routines. Participants must wear face coverings, remain six-feet apart, and stay home if sick or experiencing symptoms of COVID 19. To join, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

Advanced Hula (Class #12576) ~ 2:00 p.m. – 3:00 p.m.: Designed for experienced Hula dancers for review of Kawika, Hale'iwa Hula, KAWIKA and HALE'IWA. Participants must wear face coverings, remain six-feet apart, and stay home if sick or experiencing symptoms of COVID 19. To join, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

Beginning Spanish

Mondays, April 5 – May 24, 9:00 a.m. - 10:00 a.m., Location: Zoom

Cost: \$35 ~ Class #12439

Student participation with the instructor and classmates in vocabulary, writing, reading, listening and grammar to help improve Spanish language skills. To register, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

Spanish Conversation

Mondays, April 5 – May 24, 10:15 a.m. - 11:30 a.m., Location: Zoom

Cost: \$45 ~ Class #12438

Reading, writing, listening, conversing and participating with the instructor and classmates to help improve Spanish language skills. To register, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

Line Dance for Beginners

Mondays, April 5 – 26, 12:30 p.m. - 2:00 p.m., Location: Zoom

Cost: \$21 ~ Class #12566

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.

Gentle Yoga

Mondays, April 5 – May 3 (No Class April 12), 3:00 p.m. – 4:00 p.m., Location: Littlejohn Park near Basketball Court

Cost: \$34 ~ Class #12707

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. **IMPORTANT:** Bring your own mat and any other props you may need or are used to using such as blocks, a blanket and a yoga strap. Instructor will provide cancellation updates. *Face masks and physical distancing required and enforced. To enroll, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

Qigong

Tuesdays, April 6 – May 11, 9:00 a.m. - 10:00 a.m., Location: Zoom

Cost: \$52 ~ Class #12440

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.

Book Club

Tuesday, April 6, 12:15 p.m., Location: Zoom

FREE ~ Class #12454 (April)

On **Tuesday, April 6**, Book Club members will review “The Overstory” by Richard Powers. “Ordinary Grace” by William Kent Krueger will be reviewed on **May 4 (Class #12768)**. To borrow a copy of the book, contact jkrause@alamedaca.gov or call (510) 747-7510. To register for **April**, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

East Bay Parks Virtual Park Discovery: Lake Temescal Park

Wednesday, April 7, 10:00 a.m. – 10:45 a.m., Location: Zoom

FREE ~ Class #12441

Join East Bay Parks Naturalists for an interactive program featuring a Virtual Park Discovery Program. The topic is the history and ecology of Lake Temescal. To register, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

Pilates

Wednesdays, April 7 – May 5 (No Class April 14), 10:30 a.m. - 11:30 a.m., Location: Zoom

Cost: \$28 ~ Class #12565

Low impact varied exercises to develop muscular (arms, core, legs, glutes) strength. **IMPORTANT:** The session includes standing, sitting on the ground and lying down positions (on the back and stomach). Prepare for class by having a yoga-type mat, comfortable clothing, a water bottle and dumbbells if you have them (not required). To register, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

Excel: Practical Applications
Wednesdays, April 7 – April 28 10:30 a.m. – 12:00, Location: Zoom
FREE ~ Class #12702

Join Joe Brandt, Volunteer Instructor, to explore practical computer applications beginning with Excel. The class will provide an opportunity to practice the various applications. To register, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

The Universe from Your Backyard: The Many Phases of the Moon
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 Osher Lifelong Learning Institute (OLLI) program at Cal State East Bay 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](#).

What's New and Different with Travel
Tuesday, April 13, 1:00 p.m. – 2:00 p.m., Location: Zoom
FREE ~ Class #12713

Join Joan Thornton of Premier World Travel as she presents what's new, different, and exciting with domestic and international travel. Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins. To register, [click here](#).

Pickleball: Advanced Clinic
Wednesday, April 14, 4:00 p.m. – 6:00 p.m., Location: Lincoln Park Pickleball Courts
Cost: \$28 ~ Class #12456

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

Vacation Dreaming
Thursday, April 15, 10:00 a.m. – 11:00 a.m., Location: Zoom
FREE ~ Class #12712

Where do you dream about visiting when it is safe to do so?? Send one – three photos while on vacation along with a brief description of that trip (memory, funny story, or experience) to Ed Kallas at ekallas@alamedaca.gov by **Monday, April 12**. Then, travel virtually with fellow members on **Thursday, April 15**, to explore your dream destinations (photos) and share the happy memories and experiences from the photos shared. To enroll, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

Current Travel Trends and Amazing Destinations
Tuesday, April 20, 11:00 a.m. – 12:00, Location: Zoom
FREE ~ Class #12714

Join us for a live Zoom meeting featuring our long term travel partner, Jay Fehan with Collette Travel. Jay will address current travel trends, what to watch for in the travel industry and highlight some amazing destinations and events for travel in 2022! To register, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

Public Transit 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.

Mastick Senior Center Advisory Board (MSCAB) Meeting
Wednesdays, April 21 (Class #12779), 9:30 a.m., Location: Zoom (To enroll, [click here](#))
May 19 (Class #12780), 9:30 a.m., Location: Zoom (To enroll, [click here](#))

The Mastick Senior Center Advisory Board (MSCAB) meets monthly to discuss Center programs and events. For more information please contact Jackie Krause, Recreation Manager, at jkrause@alamedaca.gov or call (510) 747-7510.

Pickleball: Beyond the Basics II
Thursdays, April 22 – May 13, 11:00 a.m. - 12:30 p.m., Location: Lincoln Park
Cost: \$113 ~ Class #12577

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. Face masks and physical distancing required and enforced.

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

Alameda Development and Architecture
Wednesdays & Fridays, April 28 – June 4, 1:00 p.m. – 2:00 p.m., Location: Zoom
FREE ~ Class #11506

Join Judith Lynch, local historian, educator, collaborator on three books about vintage architecture, and former Alameda Historical Advisory Board member, and Robert Farrar, a Marcuse & Remmel historian, for this 12-session class highlighting the history of the Island from the Gold Rush era to 1930s focusing on architecture. To register, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

Looking Forward to...

Diabetes Education Workshop
Thursdays, May 6 – June 24, 10:00 a.m. – 12:00, Location: Zoom
FREE ~ Class #12777

Are you interested in learning ways to manage eating, exercise, labs, and blood sugar while sheltering in place and staying safe? The Alameda County Public Health Department is offering free "virtual" Diabetes Education Classes. This Diabetes Self-Management Class is for people 18 years and over

who have been diagnosed with pre-diabetes or Type 2 diabetes, and have not taken the class before. To register, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

Art in Your Backyard: Rediscovering SFMOMA (Live)
Monday, May 17, 1:30 p.m. – 3:00 p.m., Location: Zoom
Diane Levinson, M.F.A., SJSU, BA, Sculpture, State University of New York
FREE ~ Class #12778

Need a change of scenery? Join Ms. Levinson for a virtual tour of the San Francisco Museum of Modern Art including some of the strange, beautiful, and challenging artwork not in the previous collection, as well as familiar old friends like Matisse, Cornell, and Rauschenberg. Add to the mix a look at the new Pritzker Center for Photography and some history of the Museum from its first 1935 home to the present, expanded site for a stimulating agenda. This Osher Lifelong Learning Institute (OLLI) program at Cal State East Bay is sponsored by the MSCAB. To register, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

Transportation 101 ~ Clipper Card Presentation
Tuesday, May 18, 1:00 p.m., Location: Zoom
FREE ~ Class #12769

Victoria Williams, Paratransit Coordinator, will provide an overview of the various transportation options (East Bay Paratransit, FREE AC Transit EasyPass, FREE shuttle service, and MORE) available to Alameda residents. **Kim Ridgeway**, AC Transit Clipper Card representative, will join the workshops. Bring your questions! To participate, contact Victoria Williams at vwilliams@alamedaca.gov or call (510) 757-7513. To register, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

MGM Star Musicals of the 1940's (Live)
Monday, June 21, 1:30 p.m. – 3:00 p.m. Location: Zoom
Sam and Candy Caponegro, Movie Musicals and Broadway Musicals Historians
FREE ~ Class #12773

MGM once claimed it had more stars than heaven, and for a time it did. The Caponegro team takes us back to MGM and the Hollywood of the 1940s, with a lecture featuring film clips to remind us of Gene Kelly, Lucille Ball, Lena Horne, June Allyson, Fred Astaire, and Judy Garland. Lights, camera, action! This Osher Lifelong Learning Institute (OLLI) program at Cal State East Bay is sponsored by the MSCAB. To register, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

Thinking of Buying a New Car? Is an EV right for you?
Tuesday, June 15, 1:00 p.m., Location: Zoom
FREE ~ Class #12774

Let Alameda Municipal Power (AMP) help you get up to speed on electric vehicles (EVs)! Get your questions answered and learn if an Electric Vehicle might be right for you. Glean tips for shopping for an EV, costs to own an EV, charging and range, and savings, rebates, and incentives. To register, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

Origins of American Musical Theater (Recorded Presentation)
Monday, July 19, 1:30 p.m. – 3:00 p.m., Location: Zoom
John Kendall Bailey, music director, conductor, chorus master
FREE ~ Class #12775

In 1926, something new made its appearance on a Broadway stage which swept vaudeville and revues aside. It was a musical story but not an opera or operetta, a play using songs to move its narrative

forward. Mr. Bailey offers the first of two courses on this new musical genre, a survey ranging from its origins to its golden age. It's a journey featuring catchy lyrics, haunting melodies, dashing heroes, and beautiful heroines. And, the presentation does not neglect the behind-the-scenes creators like the Gershwins, Porter, Berlin, and Weil who made it all happen. The journey begins on the deck of the "Cotton Blossom" and sails through the South Pacific. This Osher Lifelong Learning Institute (OLLI) program at Cal State East Bay is sponsored by the MSCAB. To register, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

History and Science of Sexual Justice (Recorded Presentation)
Monday, August 16, 1:30 p.m. – 3:00 p.m., Location: Zoom
Maria Nieto, PhD, Professor Emerita of Biological Sciences, CSUEB
FREE ~ CLASS #12776

Dr. Maria Nieto is co-author of *The Spectrum of Sex: The Science of Male, Female, and Intersex*, a book that breaks down current understandings of sex and gender diversity and offers new, scientifically based ways of looking at them. It challenges, in particular, the myth that sex and gender are exclusively binary. While not everyone accepts this scientifically grounded premise, Dr. Nieto works to create a safe environment, built on well-grounded science, for frank and open discussion about how best to accommodate the diversity of human sex traits and the gender identities in society. This Osher Lifelong Learning Institute (OLLI) program at Cal State East Bay is sponsored by the MSCAB. To register, [click here](#). Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

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.