

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.

Chat Room: Finding Meaning in Your Life

Tuesdays, ongoing, 9:30 a.m. - 10:30 a.m., Location: Zoom

FREE ~ Class #18010

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

New!! Ballroom Dance New!!

Wednesdays, ongoing, 1:00 p.m. – 2:00 p.m., Location: Room A

Cost: \$5 ~ Payable to instructor at the door

Did you know that dancing makes you smarter? Studies have linked frequent dancing to increased brain and physical health. Learn dances like: Waltz, Foxtrot, Cha Cha, Rumba, Swing and Night Club Two Step. The focus of the class is to have fun! No partner necessary. Wear comfortable clothes and shoes. Flexible tennis shoes will work. Drop-in. No registration required.

Line Dancing for Absolute Beginners

Mondays, October 3 – 24, 12:30 p.m. - 2:00 p.m., Location: Social Hall

Cost: \$33 ~ Class #18058

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](#).

Mastick Trip: UC Santa Cruz Arboretum Join us!

Tuesday, October 4, 8:00 a.m. – 4:00 p.m.

Cost: \$70 ~ Class #20024

The UC Santa Cruz Arboretum and Botanic Garden works to connect people with plants. Enjoy their 135 acre living museum full of rare and unique plant species. We'll use the arboretum's resources to identify species as we survey the flora and fauna. Lunch at Crow's Nest Restaurant included. Transportation included. To register, [click here](#).

October Walking Club

Tuesdays, October 4 – 27, 9:30 a.m. - 10:30 a.m.,

Location: Waters Edge Lodge, 801 Island Drive

Cost: \$5 ~ Class #18567

Go for a walking excursion around the lagoon with a personal trainer and take in the beautiful sights. Each session will include warm up/cool down stretching. \$5 for entire session. To register, [click here](#).

Hula 1

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

Cost: \$43 ~ Class #18047

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 movements. Join us for fun and aloha! To register, [click here.](#)

Book Club

Tuesday, October 4, 12:15 p.m. – 2:00 p.m., Location: Zoom

FREE

Join Book Club members and discuss Wolf Hall by Hilary Mantel. The Murder of Roger Ackroyd by Agatha Christie will be reviewed on November 1. To join the discussion, email Ed Kallas, Recreation Supervisor I, at ekallas@alamedaca.gov. Mastick has a limited supply of each book available for lending. If interested, call (510) 747-7500.

Hula 2

Tuesdays, October 4 - 25, 12:30 p.m. – 1:20 p.m., Location: Room A

Cost: \$43 ~ Class #18048

If you have danced hula previously and are familiar with the basic hula steps, 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 movements. Join us for fun and aloha! To register, [click here.](#)

Transportation 101 – Transit App Training

Tuesday, October 4, 1:00 p.m. – 3:00 p.m., Location: Room D,

FREE ~ Class #18124

Katherine "Kat" Kaldis, Paratransit Coordinator, will present an overview of the various transportation options (East Bay Paratransit, AC Transit Clipper Card, AIM, and MORE) available to Alameda residents. She'll then provide Transit App training to help you plan trips on various modes of public transportation. Bring your questions! To register, [click here](#) or call (510) 747-7513.

Zumba Gold -Toning

Tuesdays, October 4 – 25, 2:00 p.m. – 2:55 p.m., Location: Room A

Cost: \$43 ~ Class #18142

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

Wednesdays, October 5 - 26, 9:30 a.m. – 10:30 a.m., Location: Social Hall

Cost: \$33 ~ Class #18068

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 Improvers

Wednesdays, October 5 - 26, 11:00 a.m. – 12:30 p.m., Location: Social Hall

Cost: \$33 ~ Class #15286

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.](#)

Good Information! Social Security Phone Fraud: Learn How to Protect Yourself

Wednesday, October 5, 11:00 a.m. – 12:00 p.m., Location: Room D

FREE ~ Class #18153

Join William Smith, retired FBI Agent, to learn about how scammers misrepresent themselves. Learn about the Social Security Administration and what to do if you suspect someone is trying to scam you with this tactic. Families of Mastick Members also welcome to attend. To register, [click here.](#)

Movie Matinee

Wednesday, October 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. Free popcorn is available. Space is limited.

PASSING (2021): DRAMA with Tessa Thompson 1h 38m (PG-13)

In 1920s New York City, a Black woman finds her world upended when her life becomes intertwined with a former childhood friend who's passing as white.

A Taste of Salsa

Thursdays, October 6 – November 17, 12:15 p.m. – 1:00 p.m., Location: Room A

FREE ~ Class #20092

Join Joy, who has been dancing since 1999, to learn the basics of Salsa dancing including footwork, left turn, right turn, and cross-body lead. Taught on 1. Fun and 45 minutes of mild aerobic exercise is on the menu! To register, [click here.](#)

Creative Writing

Thursdays, October 6 – 27, 1:00 p.m. – 3:00 p.m., Location: Media Room

Cost: \$80 ~ Class #18015

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

Zumba Gold

Thursdays, October 6 – 27, 2:00 p.m. – 2:55 p.m., Location: Social Hall

Cost: \$43 ~ Class #18137

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

Mastick Movie Club

Friday, October 7, 10:00 a.m. – 12:00 p.m., Location: Zoom

FREE

Join Movie Club members for a discussion of **After the Wedding** comparing the 2006 version with Mads Mikkelsen and the 2019 version with Julianne Moore, Billy Crudup & Michelle Williams. To join the discussion, email Ed Kallas, Recreation Supervisor I, at ekallas@alamedaca.gov

Check this out! Knowledge is Key: Know Your Medicare Rights

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

FREE ~ Class #18075

A HICAP Representative will provide information about consumer protections for Medicare beneficiaries, appeal rights for traditional Medicare and Medicare Advantage Programs, specific hospital and nursing home rights, contact information on advocacy organizations, agencies, and websites. To register, [click here.](#)

AARP Smart Driver Standard Course

Wednesdays, October 12 & 19, 9:00 a.m. – 1:30 p.m., Location: Media Room

Cost: \$20 per person for AARP Members (AARP ID# required),

\$25 per person for non-AARP Members, FREE with proof of United HealthCare Insurance

The AARP Smart Driver Course is the largest classroom driver course specifically designed for motorists, age 50+. The Standard Course is a two day, four-hour class (eight hours total) taught by a trained AARP Volunteer Instructor. Registration and payment (**CHECKS ONLY – payable to AARP**) must be completed in the Mastick Lobby no later than two days prior to the start date of the class.

Take a Look! Crimes Targeting Seniors: IRS Imposter Fraud

Wednesday, October 12, 11:00 a.m. – 12:00 p.m., Location: Room D

FREE ~ Class #18154

Join William Smith, retired FBI Agent, to learn about IRS imposter related scams and what to do if you suspect that you are a victim of this kind of fraud. To register, [click here.](#)

Pickleball Advanced Drills

Thursdays, October 13 – November 3, 2:00 p.m. – 3:00 p.m.,

Location: Lincoln Park Pickleball Courts

Cost: \$85 ~ Class #18088

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

Get Balanced @ Waters Edge Lodge

Mondays & Fridays, Oct. 17 – Jan. 20, 2:30 p.m. – 3:30 p.m., Location: 801 Island Dr.

\$123 ~ Class #18033

Created by a team of physical therapists, this class is proven to prevent falls. Participants are tested before and after to track and celebrate changes. Learn exercises for vision and vestibular systems, strength, flexibility, proprioception, and quick reflexes. No class: 11/11, 11/25, 12/26 & 12/30. To register, [click here.](#)

Get Balanced @ Elders Inn

Tuesdays & Thursdays, Oct. 18 – Jan. 19, 2:30 p.m. – 3:30 p.m., Location: 1721 Webster St.

\$123 ~ Class #18032

Created by a team of physical therapists, this class is proven to prevent falls. Participants are tested before and after to track and celebrate changes. Learn exercises for vision and vestibular systems, strength, flexibility, proprioception, and quick reflexes. No class: 11/24, 12/27 & 12/29. To register, [click here.](#)

Movie Matinee

Wednesday, October 19, 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. Free popcorn is available. Space is limited.

MONTFORD: THE CHICKASAW RANCHER (2021): BIOGRAPHY/DRAMA/HISTORY with Martin Sensmeier 1h 36m (TV-14)

A remarkable story inspired by the life of renowned Chickasaw cattleman Montford T. Johnson, a man who overcame great hardships to establish a ranching empire along the famous cattle highway of the American West, the Chisolm Trail.

Back by Popular Demand!

The Last Gift Box

Wednesday, October 19, 1:00 p.m. – 3:00 p.m., Location: Room D

FREE ~ Class #19610

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

Senior Connections & Resources

Wednesday, October 19, 1:00 p.m. – 2:00 p.m., Location: Room C

FREE

This month learn about medical program options and common acronyms used in a hospital setting. The Senior Connections Case Manager will facilitate, provide resources, referrals, and practical and constructive information to assist with working through life's tough and complex issues. Program provided by Alameda Family Services and funded in part by the Mastick Senior Center Advisory Board. Registration not required. If you have questions, call 510-747-7505.

Pickleball Tourney: 50+ Women's Doubles (3.5)

Friday, Oct. 21, 8:30 a.m. – 11:30 a.m., Location: Pickleball Courts, Lincoln Park, 1450 High St.

Cost per player: \$20 (resident), \$25 (non-resident) ~ Class #19900

Fee is per player, age 50+. Round Robin Format. Awards for first, second and third place teams. Self-officiated. Include the name of your partner at the time registration. Maximum: two players per team. No professionals. Governed by USA Pickleball and "Alameda House Rules". Tournament Commissioner reserves the right to reassign players to other skill bracket or refund registration due to inappropriate skill designation. Commissioner's judgement on all questions of rules and conduct of play is final. No refunds after September 30 unless tournament is rescheduled or cancelled. To register, [click here.](#)

Pickleball Tourney: 50+ Men's Doubles (3.0)

Friday, Oct. 21, 12:30 p.m. – 3:30 p.m., Location: Pickleball Courts, Lincoln Park, 1450 High St.

Cost per player: \$20 (resident), \$25 (non-resident) ~ Class #19899

Fee is per player, age 50+. Round Robin Format. Awards for first, second and third place teams. Self-officiated. Include the name of your partner at the time registration. Maximum: two players per team. No professionals. Governed by USA Pickleball and "Alameda House Rules". Tournament Commissioner reserves the right to reassign players to other skill bracket or refund registration due to inappropriate skill designation. Commissioner's judgement on all questions of rules and conduct of play is final. No refunds after September 30 unless tournament is rescheduled or cancelled. To register, [click here.](#)

Pole Walking for Balance & Maintaining Independence
Friday, October 21, 9:00 a.m. – 12:00 p.m., Location: Room D
Cost: \$38 ~ Class #18564

Learn skills to reduce fall risk and improve your balance, endurance, gait, agility, function, and posture. Easy-to-learn techniques help navigate everyday obstacles. Top quality poles and special balance tips available for use during the class. Enjoy the outdoors and get great exercise! To register, [click here.](#)

Qigong
Tuesdays, October 25 – November 29, 10:00 a.m. – 11:00 a.m., Location: Room A
Cost: \$59 ~ Class #17133

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.](#)

Alexander Technique: The Art of Breathing Well
Tuesday, Wednesday & Thursday, October 25, 26 & 27, 1:30 p.m. – 3:00 p.m.
Location: Room D
Cost: \$48 ~ Class #15235

Breathing is a full body act. It should be automatic and effortless unless we interfere with it. Breathing is influenced by posture, balance, and our emotions. Join Lenka Fejt, certified Alexander Technique instructor, and learn how to improve your breathing and ultimately optimize your health. To register, [click here.](#)

Diabetes Support Group
Wednesday, October 26, 10:00 a.m. – 12:00 p.m., Location: Room D
FREE

If you or someone you love has diabetes, consider joining the Diabetes Support Group provided by the Alameda County Public Health Department Diabetes Program. For more information, contact 510-383-5185. Meetings are held on the fourth Wednesday of the month. Registration required. To register, please call 510-747-7500.

What to Do with Our Treasures? Who Gets Our Stuff?

Wednesday, October 26, 1:00 p.m-3:00 p.m., Room D

FREE ~ Class #19609

Who gets Grandma's china? What to do with the dog? And the photos? Are we fair? Your home full of items asks for your attention. With humor and caring, Tina Cole Kreitz, author of The Last Gift Box, provides guidance and concrete ideas to help you gain skills necessary to sort through and discard the items filling your home. You will leave the class with homework and support to get it done. \$5 donation to Mastick Senior Center encouraged. To register, [click here](#).

Birthday Celebration Join Us!

Thursday, October 27, 12:30 p.m. – 1:00 p.m., Location: Courtyard

FREE

Join us to celebrate your special day! Join us for sweet treats, games, and happy birthday wishes! No registration required.

Music Appreciation

Thursday, October 27, 1:30 p.m. – 2:30 p.m., Location: Courtyard

FREE

"Where the Rainbow Ends: Music of Roger Quilter (1877-1953)". Piano performance and discussion of music by a noted English composer. No registration required.

Come Chill with Us!

Have some ice cream and enjoy some live music!!

Ice Cream Social

Friday, October 28, 11:30 a.m., Location: Breezeway in front of Room D (parking lot side)

Cost: \$3 per sundae

We will start serving ice cream at 11:30 a.m. Then, join us at 12:00 p.m. in the Social Hall for a performance by the Air Force Band of the Golden West! Registration and payment for your ice cream sundae is due by Monday, October 24, in the lobby.

Air Force Band Concert

Friday, October 28, 12:00 p.m., Location: Social Hall

FREE

Enjoy a performance by the Air Force Band of the Golden West, a professional music ensemble! No registration required.

Halloween Parade and Treats for Children!

Monday, October 31, 12:00 p.m.

Location: the Mastick Courtyard near Dining Room 1

FREE



Enjoy the Holiday by watching the children from ABC Preschool parade around in their Halloween costumes. Then, hand out treats to the kids (treats provided by Mastick). Mastick Members are welcome to bring their grandchildren to participate in the parade and treats once it reaches our Center. No registration required. Those bringing children should arrive at 11:40 a.m.

Halloween Dance



Monday, October 31, 12:30 p.m. – 2:00 p.m., Location: Social Hall

Cost: \$3 at the door

Dress for the holiday and join Line Dance Instructor Extraordinaire, Susie, as she leads a variety of dances. Rob Schmidt is our guest volunteer Dee Jay. Light refreshments provided. Come join the fun!

Hula 1

Tuesdays, November 1 – 15, 11:30 a.m. – 12:20 p.m., Location: Room A

Cost: \$33 ~ Class #18046

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 movements. Join us for fun and aloha! To register, [click here](#).

Book Club

Tuesday, November 1, 12:15 p.m. – 2:00 p.m., Location: Zoom

FREE

Join Book Club members and discuss The Murder of Roger Ackroyd by Agatha Christie. The Rise and Fall of an American Dynasty by Anderson Cooper and Katherine Howe will be reviewed on December 6. To join the discussion, email Ed Kallas, Recreation Supervisor I, at ekallas@alamedaca.gov. Mastick has a limited supply of each book available for lending. If interested, call (510) 747-7500.

Hula 2

Tuesdays, November 1 - 15, 12:30 p.m. – 1:20 p.m., Location: Room A

Cost: \$33 ~ Class #18050

If you have danced hula previously and are familiar with the basic hula steps, 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 movements. Join us for fun and aloha! To register, [click here](#).

Transportation 101

Tuesday, November 1, 1:00 p.m. – 3:00 p.m., Location: Room D,

FREE ~ Class #18125

Katherine "Kat" Kaldis, Paratransit Coordinator, will present an overview of the various transportation options (East Bay Paratransit, AC Transit Clipper Card, AIM, and MORE) available to Alameda residents. She'll then provide Transit App training to help you plan trips on various modes of public transportation. Bring your questions! To register, [click here](#) or call (510) 747-7513.

Zumba Gold -Toning

Tuesdays, November 1, 8 & 29, 2:00 p.m. – 2:55 p.m., Location: Room A

Cost: \$33 ~ Class #18143

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](#).

Fitness with Kendra

Tuesdays, November 1 - 22, 5:00 p.m. – 6:00 p.m., Location: Social Hall

Cost: \$39 ~ Class #20031

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. Mats and weights provided. To register, [click here.](#)

New!! Yoga for Bone Health New!!

Tuesdays, November 1 – December 20, 5:00 p.m. – 6:15 p.m., Location: Room A

Cost: \$59 ~ Class #20032

Yoga to promote 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.](#)

Line Dancing for Absolute Beginners

Wednesdays, November 2 - 30, 9:30 a.m. – 10:30 a.m., Location: Social Hall

Cost: \$33 ~ Class #18069

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. No class: 11/23. To register, [click here.](#)

Line Dancing for Improvers

Wednesdays, November 2 - 30, 11:00 a.m. – 12:30 p.m., Location: Social Hall

Cost: \$33 ~ Class #18064

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. No class: 11/23. To register, [click here.](#)

What to Do with Our Treasures? Who Gets Our Stuff?

Wednesday, November 2, 1:00 p.m., Room D

FREE ~ Class #19609

Who gets Grandma's china? What to do with the dog? And the photos? Are we fair? Your home full of items asks for your attention. With humor and caring, Tina Cole Kreitz, author of The Last Gift Box, provides guidance and concrete ideas to help you gain skills necessary to sort through and discard the items filling your home. You will leave the class with homework and support to get it done. \$5 donation to Mastick Senior Center encouraged. To register, [click here.](#)

Mastick Trip: San Francisco Symphony Open Rehearsal Join us!

Thursday, November 3, 8:30 a.m. - 3:00 p.m.

Cost: \$98 ~ Class #18654

Enjoy an open rehearsal featuring Rachmaninoff Symphonic Dances: The Spark Catchers and Piano Concerto No. 2. Conductor: Juraj Valcuha, Piano: Behzod Abduraimov. Lunch at Mockingbird Restaurant of Oakland included. Transportation included. To register, [click here.](#)

Yoga

Thursdays, November 3 – December 22, 10:00 a.m. – 11:15 a.m., Location: Social Hall

Cost: \$59 ~ Class #18135

Alignment-based yoga targets modified poses focusing on strength, flexibility, and balance. Synchronize your mind and body while having fun. Dress in layers, bring a yoga mat, strap, and blanket for relaxation/warmth. No class: 11/24. To register, [click here.](#)

Fitness with Kendra

Thursdays, November 3 – December 1, 11:45 a.m. – 12:45 p.m., Location: Social Hall

Cost: \$39 ~ Class #18778

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. Mats and weights provided. No class: 11/24. To register, [click here.](#)

Zumba Gold

Thursdays, November 3 - 17, 2:00 p.m. – 2:55 p.m., Location: Social Hall

Cost: \$33 ~ Class #18139

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

Medicare Annual Enrollment Period (10/15 – 12/7) Changes 2023

Tuesday, November 8, 10:00 a.m. – 11:00 a.m., Location: Room D

FREE ~ Class #18076

Learn information on upcoming changes to the Medicare Prescription Drug Plan (Part D) and Medicare Advantage Plan (Part C); and an overview of eligibility, costs, benefits, changes to Medicare Parts A and B, options for supplementing Medicare and getting help with medical costs. To register, [click here.](#)

Crimes Targeting Seniors: Charity Fraud

Wednesday, November 9, 11:00 a.m. – 12:00 p.m., Location: Room D

FREE ~ Class #18156

Join William Smith, retired FBI Agent, to learn about charity related scams, what to do if you are contacted by a scammer, and things to do before you donate. To register, [click here.](#)

Mark this date on your calendar! 1st Day of Registration for Mastick Programs

Monday, November 14, 9:00 a.m.

Winter/Spring 2022/23 classes are here! Visit www.alamedaca.gov/recreation, call (510) 747-7500, or come early to the Mastick Senior Center to register for Mastick and all Alameda Recreation and Park Department programs.

Thriving with Parkinson's at Waters Edge Lodge

Tuesdays & Thursdays, November 15 – January 17, 11:00 a.m. – 12:00 p.m.,

Location: 801 Island Drive

Cost: \$83 ~ Class #18120

A comprehensive approach to combat Parkinson's symptoms based on principles from physical, occupational, and speech therapy and concepts from LSVT. Address postural changes, mood, cognition, swallowing, speech, and tremors. No class: 11/24, 12/27 & 12/29. To register, [click here.](#)