

**MASTICK SENIOR CENTER ACTIVITIES AT A GLANCE (EFFECTIVE 6/21/2022)**

<b>MONDAY - FRIDAY</b>		
<b>ACTIVITY</b>	<b>TIME</b>	<b>LOCATION &amp; REQUIREMENTS</b>
BILLIARDS	9:00 a.m. - 3:00 p.m.	Pool Room
BOCCE BALL	9:00 a.m. – 3:00 p.m.	Courtyard
CARDS AND GAMES	To be determined	Game Room
COMPUTER LAB	see posted schedule	Room C
EXERCISE EQUIPMENT	9:00 a.m. - 3:00 p.m.	Courtyard
LENDING LIBRARY	9:00 a.m. – 3:00 p.m.	Media Room
LUNCH PROGRAM	11:45 a.m. – 12:30 p.m.	Dining Room 1 (\$3.75 suggested donation) Reservation required, call (510) 747-7503.
PUTTING GREEN	9:00 a.m. – 3:00 p.m.	Courtyard
<b>MONDAY</b>		
<b>ACTIVITY</b>	<b>TIME</b>	<b>LOCATION &amp; REQUIREMENTS</b>
CHAIR YOGA	11:00 a.m. – 12:00	Social Hall (fee) (registration required)
CREATIVE WRITING	11:30 a.m. – 1:30 p.m.	Media Room (fee) (registration required)
DRAWING & PAINTING CLASS	12:30 p.m. - 3:30 p.m.	Skill Center (fee) (registration required)
GLASS & MOSAICS	9:00 a.m. – 12:00	Skill Center (fee) (registration required)
LEGAL ASSISTANCE FOR SENIORS (LAS)	To be determined	Off-site ~ For assistance, call (510) 832-3040.
LINE DANCING - Beginning	12:30 p.m. – 2:00 p.m.	Social Hall (fee) (registration required)
MAH JONGG – All levels (volunteer instruction available)	12:00 - 3:00 p.m.	Game Room (registration/playing card required)
MASTICK VOLUNTEER WALKING GROUP	9:30 a.m. - 2:30 p.m.	Off-site (registration required)
QUILTING	9:30 a.m. - 11:30 a.m.	Room B (fee) (registration required)
QUILTING	1:00 p.m. - 3:00 p.m.	Room B (fee) (registration required)
SPANISH - Beginning	9:00 a.m. – 10:00 a.m.	Dining Room 2 (fee) (registration required)
SPANISH CONVERSATION - Intermediate	10:30 a.m. – 11:45 a.m.	Dining Room 2 (fee) (registration required)
STRENGTH TRAINING & CARDIO	9:30 a.m. - 10:30 a.m.	Room A (fee) (registration required)
<b>TUESDAY</b>		
<b>ACTIVITY</b>	<b>TIME</b>	<b>LOCATION &amp; REQUIREMENTS</b>
BaM – Balance & Mobility	12:15 p.m. – 1:05 p.m.	Social Hall (fee) (registration required)
BOOK CLUB	12:15 p.m. - 1:30 p.m.	Virtual (registration required/link provided) (1 <sup>st</sup> Tuesday of the month)
CASE MANAGEMENT SERVICES	9:00 a.m. – 3:00 p.m.	Office ~ To make an appt., call (510) 747-7505.
CERAMICS LAB	10:00 a.m. – 3:00 p.m.	Skill Center (fee) (registration required)
CERAMICS	To be determined	Skill Center (fee) (registration required)
CHAT ROOM: FINDING MEANING IN YOUR LIFE	9:30 a.m. – 10:30 a.m.	Virtual (registration required/link provided)
CONSUMER PRESENTATIONS	To be determined	(refer to monthly bulletin)
HICAP	To be determined	Off-site ~ For assistance, call (510) 839-0393.
HULA 1	11:30 a.m. – 12:20 p.m.	Room A (fee) (registration required)
HULA 2	12:30 p.m. – 1:20 p.m.	Room A (fee) (registration required)
NEEDLECRAFT	9:30 a.m. – 1:00 p.m.	Room B
QIGONG	10:00 a.m. – 11:00 a.m.	Room A (fee) (registration required)
SQUARE DANCE	To be determined	Room A (fee)
THRIFT SHOP (OPEN FOR SHOPPING)	10:00 a.m. - 2:00 p.m.	Building next to Social Hall
TODAY’S WORLD	To be determined	Dining Room 2
TRANSPORTATION ASSISTANCE	9:00 a.m. – 3:00 p.m.	Office ~ To make an appt., call (510) 747-7513.
YOGA	9:00 a.m. – 10:15 a.m.	Social Hall (fee) (registration required)
ZUMBA GOLD – TONING	2:00 p.m. – 2:55 p.m.	Room A (fee) (registration required)
<b>WEDNESDAY</b>		
<b>ACTIVITY</b>	<b>TIME</b>	<b>LOCATION &amp; REQUIREMENTS</b>
AARP SMART DRIVER COURSE	9:00 a.m. – 1:30 p.m.	Room D (fee) (registration required) ~ For assistance, call (510) 747-7500.
BALLROOM DANCE	To be determined	Room A (fee)
BLOOD PRESSURE – Fire Dept.	To be determined	Media Room (2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday of month)
BRIDGE PLAYERS	12:00 - 3:00 p.m.	Game Room (registration required)
CASE MANAGEMENT SERVICES	9:00 a.m. – 3:00 p.m.	Office ~ To make an appt., call (510) 747-7505.
COMPUTER INSTRUCTION	see posted schedule	Room C (registration required)
GLASS & MOSAICS	9:00 a.m. – 12:00	Skill Center (fee) (registration required)
GLASS & MOSAICS LAB	12:30 p.m. – 3:00 p.m.	Skill Center (for enrolled students)
DIABETES SUPPORT GROUP	10:00 a.m. – 12:00	Room D (4 <sup>th</sup> Wednesday of the month) ~ To register, call (510) 747-7500.
LINE DANCING FOR NEW BEGINNERS	9:30 a.m. – 10:30 a.m.	Social Hall (fee) (registration required)
LINE DANCING - Intermediate	11:00 a.m. - 12:30 p.m.	Social Hall (fee) (registration required)
MSCAB MEETING	9:30 a.m. – 10:30 a.m.	Room D (3 <sup>rd</sup> Wednesday of month)
MOVIE MATINEE	12:30 p.m. – 2:30 p.m.	Dining Room 2 (1 <sup>st</sup> & 3 <sup>rd</sup> Wed. of the month)
NOTARY	1:30 p.m. - 3:00 p.m.	Office/Off-site ~ To make an appt., call (510) 747-7500.
PICKLEBALL	9:30 a.m. – 12:30 p.m. 6:00 p.m. – 7:30 p.m.	Lincoln Park (1450 High St.)
PILATES	9:00 a.m. - 10:00 a.m.	Hybrid (Virtual/Room A) (fee) (registration required)
SENIOR CONNECTIONS & RESOURCES	1:00 p.m. – 2:00 p.m.	Room D (3 <sup>rd</sup> Wednesday of the month) ~ For assistance, call (510) 747-7505.
STRENGTH TRAINING & CARDIO	10:30 a.m. - 11:30 a.m.	Room A (fee) (registration required)
TABLE TENNIS	12:45 p.m. – 3:45 p.m.	Social Hall (free) (registration required)
TRANSPORTATION ASSISTANCE	9:00 a.m. – 3:00 p.m.	Office ~ To make an appt., call (510) 747-7513.

MASTICK SENIOR CENTER ACTIVITIES AT A GLANCE (EFFECTIVE 6/21/2022)		
THURSDAY		
ACTIVITY	TIME	LOCATION & REQUIREMENTS
ALZHEIMER'S CAREGIVER SUPPORT GROUP	10:00 a.m. - 11:30 a.m.	Virtual (2 <sup>nd</sup> & 4 <sup>th</sup> Thursday of month) ~ For assistance, call (800) 272-3900.
BIRTHDAY CELEBRATION	12:30 p.m. - 1:00 p.m.	Courtyard (4 <sup>th</sup> Thursday of the month)
BOCCE BALL – All levels (volunteer instruction available)	1:00 p.m. – 3:00 p.m.	Courtyard
BROWN BAG PROGRAM	9:00 a.m. - 10:00 a.m.	Dining Room 1 (1 <sup>st</sup> & 3 <sup>rd</sup> Thursday of month) ~ For assistance, call (510) 534-8540.
CASE MANAGEMENT SERVICES	9:00 a.m. – 3:00 p.m.	Office ~ To make an appt., call (510) 747-7505.
CERAMICS LAB	10:00 a.m. – 3:00 p.m.	Skill Center (fee) (registration required)
CERAMICS	To be determined	Skill Center (fee) (registration required)
GREAT AMERICAN SONGBOOK	1:00 p.m. – 2:30 p.m.	Virtual (1 <sup>st</sup> & 3 <sup>rd</sup> Thursday of month) (registration required/link provided)
MUSIC APPRECIATION	1:30 p.m. - 2:30 p.m.	Dining Room 2 (4 <sup>th</sup> Thursday of the month)
NEW MEMBER ORIENTATION	10:30 a.m. – 12:00	Game Room (2 <sup>nd</sup> Thursday of month) ~ To register, call (510) 747-7500.
QUILTING	9:30 a.m. - 11:30 a.m.	Room B (fee) (registration required)
QUILTING	1:00 p.m. - 3:00 p.m.	Room B (fee) (registration required)
SCRABBLE	12:00 - 3:00 p.m.	Game Room (registration required)
TEENS TEACHING TECHNOLOGY	on hiatus	Room C (3 <sup>rd</sup> Thursday of month) (registration required)
THRIFT SHOP (DONATIONS ONLY – ACCEPTED UNTIL FULL)	9:30 a.m. – 1:00 p.m.	Building next to Social Hall
TRANSPORTATION ASSISTANCE	9:00 a.m. – 12:00	Office ~ To make an appt., call (510) 747-7513.
YOGA	10:00 a.m. – 11:15 a.m.	Social Hall (fee) (registration required)
ZUMBA GOLD	2:00 p.m. – 2:55 p.m.	Social Hall (fee) (registration required)
FRIDAY		
ACTIVITY	TIME	LOCATION & REQUIREMENTS
DRAWING & PAINTING CLASS	9:30 a.m. – 12:30 p.m.	Skill Center (fee) (registration required)
DRAWING & PAINTING LAB	1:00 p.m. – 3:00 p.m.	Skill Center (registration required)
EGYPTIAN FOLKLORIC DANCE	9:00 a.m. – 10:30 a.m.	Room A (registration required)
FABRIC ARTS LAB	12:30 p.m. - 3:00 p.m.	Room B
FRENCH – Beginning Grammar	9:00 a.m. – 10:00 a.m.	Room E
FRENCH - Intermediate Translation	10:00 a.m. – 11:00 a.m.	Room E
FRENCH – Intermediate Conversation	11:15 a.m. – 12:00	Room E
GERMAN CONVERSATION - Intermediate	10:00 a.m. – 12:00	Virtual (registration required/link provided)
ITALIAN CONVERSATION - Intermediate	10:00 a.m. – 12:00	Virtual (registration required/link provided)
MAH JONGG - Experienced Players	12:00 - 3:00 p.m.	Game Room (registration/playing card required)
MOVIE CLUB	10:00 a.m. – 12:00	Virtual (registration required/link provided) (1 <sup>st</sup> Friday of the month)
SHAKESPEARE DISCUSSION GROUP	1:30 p.m. – 3:30 p.m.	Virtual (registration required/link provided)
SATURDAY		
ACTIVITY	TIME	LOCATION & REQUIREMENTS
PICKLEBALL	9:30 a.m. – 12:30 p.m.	Lincoln Park (1450 High St.)
THRIFT SHOP (OPEN FOR SHOPPING)	10:00 a.m. - 2:00 p.m.	Building next to Social Hall
THRIFT SHOP (DONATIONS ACCEPTED UNTIL FULL)	9:30 a.m. – 1:00 p.m.	Building next to Social Hall

An automatic \$15 processing fee is charged when a participant withdraws and/or transfers from ANY class or program before the start date. For more information, refer to the Alameda Recreation and Park Department (ARPD) Activity Guide.

For additional information, please call (510) 747-7500.

*Program dates, times, and locations subject to change.*