MASTICK SENIOR CENTER ACTIVITIES AT A GLANCE (EFFECTIVE 7/28/2022)

ACTIVITY TIME LOCATION & REQUIREMENTS BULLARDS 9:00 a.m 3:00 p.m. Pool Room Courtyard CARDS AND CAMES To be determined Game Room Courtyard CARDS AND CAMES To be determined Game Room Courtyard CUNCTER LAS See posted schedule Courtyard Courtyard LUNCH PROGRAM 11:48 a.m 16:29 p.m. Normal (5:10) 747-7503. NOTARY By appl. only To make an sppt. call (5:10) 747-7503. PUTTING GREEN 9:00 a.m 3:00 p.m. Courtyard CHARY VOGA ACTIVITY TIME LOCATION & REQUIREMENTS CHARY VOGA 11:00 a.m 1:200 Skill Center (fee) (registration required) CLASS & MORAICS 19:00 a.m 1:300 p.m. Scial Hall (fee) (registration required) ILEGAL, ASSISTANCE FOR SENICHS (LAS) To be determined Collastic registration required) LINE DANCING - Beginning 12:20 a.m 1:30 p.m. Scial Hall (fee) (registration required) CALSS & MORAICS 9:00 a.m 1:30 p.m. Scial Hall (fee) (registration required) CALSS & MORAICS 9:00 a.m 1:30 p.m. Scial Hall (f		MONDAY - FRIDAY			
BILLARDS 9:00 a.m 3:00 p.m. Courtyard CARDS AND GAMES To be determined Game Room CARDS AND GAMES To be determined Game Room CARDS AND GAMES To be determined Room C CARDS RAD GAMES To be determined Room C COMPUTER LAB see posted schedule Room C EXERCISE ECUIPMENT 9:00 a.m 3:00 p.m. Mong Nom 1 (\$3.75 suggested domalton) LUNCH PROGRAM 11:45 a.m 12:30 p.m. Courtyard PUTTING GREEN 9:00 a.m 3:00 p.m. Courtyard CHARY TME LOCATION & REQUIREMENTS CHARY VOGA 11:00 a.m12:00 Sull Center (tee) (registration required) CREATIVE WRITING 11:30 a.m13:00 Sull Center (tee) (registration required) CLASS & MOSCAGE DON SENIORS (LAS) To be dominind Sull Center (tee) (registration required) CLASS & MOSCAGE DON SENIORS (LAS) To be dominind Courtyard QUALTING PANCINC Saga a.m 23:0 p.m. Contagestration required) CLASS & MOSCAGE DON SENIORS (LAS) To be dominind Contagestration required) QUILTIN	ACTIVITY		LOCATION & REQUIREMENTS		
IBOCCE BALL 9:00 a.m. 300 p.m. Courtyard CARDS AND GAMES To be determined Game Room CCARDS AND GAMES To be determined Game Room CCRECKSE COLUMENT 9:00 a.m. 300 p.m. Courtyard LENDING LIBRARY 9:00 a.m. 300 p.m. Dring Room (15.75 auggesled donation) Reservation required, cell (510) 747-7503. Off-site Off-site PUTTING GREEN 9:00 a.m. 300 p.m. Courtyard MONDAY TME LOCATION & REQUIREMENTS CHAR YOCA 11:00 a.m. 1:30 a.m. Social Hall (fee) (registration required) DRAWING & APAINTING CLASS 1:30 a.m. -12:00 Social Hall (fee) (registration required) CREATIVE WRITING 11:30 a.m. -2:00 p.m. Social Hall (fee) (registration required) CRAWING & APAINCE FOR SENORS (LAS) 1:30 a.m. -2:00 p.m. Social Hall (fee) (registration required) CATANCIN FERE WALCHING GROUP 9:30 a.m. -2:00 p.m. Coal Hall (fee) (registration required) OULTING THEME 1:00 a.m. -1:00 a.m. Thing Room 2 (fee) (registration required)<					
CARDS AND GAMES To be determined Rome Nom COMPUTER LAB see posted schedule Rome C EXERCISE EQUIPMENT 9:00 a.m 3:00 p.m. Courtyard LUNCH PROGRAM 11:45 a.m 12:30 p.m. Noing Room 1(53:75 suggested donaton) NOTARY By appl.only To make an appt. call (510) 747-7500. PUTTING GREEN 9:00 a.m3:00 p.m. Courtyard CHARY YOGA TME LOCATION & REGUREMENTS CHARYOGA 11:00 a.m1:20 b. Social Hall (fee) (registration required). CREATIVE WRITING 11:30 a.m1:30 p.m. Mode Room (fee) (registration required). CREATIVE WRITING 11:30 a.m1:30 p.m. Social Hall (fee) (registration required). CREATIVE WRITING 11:30 a.m1:30 p.m. Social Hall (fee) (registration required). CREATIVE WRITING 11:30 a.m1:30 p.m. Social Hall (fee) (registration required). CREATIVE WRITING 11:30 a.m1:30 p.m. Social Hall (fee) (registration required). CREATIVE WRITING 12:30 p.m2:30 p.m. Social Hall (fee) (registration required). CULNE DANCING & CABS (MOGENOP) 9:30 a.m1:1:30 a.m. Room B (fee) (registration required).					
COMPUTER LAB see posted schedule Room C EXERCISE ECUPINENT 9:00 a.m 300 p.m. Media Room LENDING LIBRARY 9:00 a.m 300 p.m. Dining Room 1 (3:75 suggested donation) NOTARY By appl. only Offsete PUTTING GREEN 9:00 a.m 300 p.m. Couryard PUTTING GREEN 9:00 a.m 300 p.m. Couryard ACTIVIY TOBAL Couryard INDOAY Tobal Couryard IDD and the schedule Social Hail (foi) (registration required) CREATIVE WRITING 11:30 a.m 130 p.m. Social Hail (foi) (registration required) GLASS & MOSAICES 9:00 a.m 12:00 Social Hail (foi) (registration required) GLASS & MOSAICES 9:00 a.m 12:00 Social Hail (foi) (registration required) ICEAL ASSISTANCE FOR SENIORS (LAS) To be determined Game Room (registration/sping card required) GAMIN LING C. 10:30 a.m 11:30 a.m. Room B (foi) (registration required) GAMIN LING C. 10:30 a.m 11:30 a.m. Room 2 (registration required) GAMIN LING C. 10:30 a.m 11:30 a.m. Room 2 (registration required)					
EXERCISE EQUIPMENT 9:00 a.m 3:00 p.m. Courtyard LUNCH PROGRAM 1145 a.m 12:30 p.m. Dning Room 1 (\$3.75 suggested donation) Reservation required, all (\$10) 747-7503. NOTARY By appt. only Off-site ~ To make an appt. call (\$10) 747-7503. PUTING GREEN 9:00 a.m 3:00 p.m. Courtyard Courtyard MONDAY MONDAY Courtyard Courtyard CHAIR YOGA. 11:00 TME 2:00 a.m 3:00 p.m. Social Hail (\$60) (\$60) (\$60) \$747-7503. CHAIR YOGA. 11:00 TME 2:00 m 3:00 p.m. Social Hail (\$60) (\$60) \$747-7503. CREATICE WRITING 11:30 a.m13:00 p.m. Social Hail (\$60) (\$60) \$832:040. LINE DANCING- DEGR SENIORS (LAS) To be determined Off-site (\$60) \$832:040. LINE DANCING- DEGR SENIORS (LAS) 7:00 m 2:00 m Cold Sulf (Conter (\$60) \$60) \$832:040. UNE DANCING- DEGR SENIORS (LAS) 7:00 m 2:00 m Cold Sulf (Conter (\$60) \$60) \$832:040. LINE DANCING- DEGR SENIORS (LAS) 7:00 m 2:00 p.m. Cold Sulf (\$60) \$600 \$832:040. UNE TANCING CONTERSENIORS (LAS) 7:00 m 7:00 m 3:00 p.m. Cold Sulf (\$60) \$77:750. OULL TING Sistil					
LENDING LIBRARY 9:00 a.m 3:00 p.m. Media Room LUNCH PROGRAM 1145 a.m 12:30 p.m. Dining Room 1 (53:75 suggested donation) NOTARY By appt only Off-site - To make an appt, call (510) 747-7503. PUTTING GREEN 9:00 a.m 3:00 p.m. Courtyrd ACTIVITY MONDAY LOCATION & REQUIREMENTS CHAIR YOGA 11:00 a.m 1:30 p.m. Media Room (fee) (registration required) GRANTING CLASS 12:00 a.m 3:00 p.m. Media Room (fee) (registration required) DRANS & MOSACS 12:00 - 3:00 p.m. Social Hail (fee) (registration required) LEAAL ASSISTANCE FOR SENIORS (LAS) 12:00 - 3:00 p.m. Social Hail (fee) (registration required) QUILTING 9:30 a.m 1:30 a.m. Room (registration required) QUILING (registration required) QUILTING 10:00 p.m3:00 p.m. Social Hail (fee) (registration required) QUILING (registration required) QUILTING 10:00 p.m3:00 p.m. Grade (registration required) QUILING (registration required) QUILTING 10:00 p.m3:00 p.m. Class and registration required) QUILING (registration required) QUILTING 10:00 a.m3:00 p.m.					
LUNCH PROGRAM [11:46 am. – 12:30 p.m. Dring Room 1 (\$2.75 suggested domation) Reservation required, all (\$10) 747-7503. NOTARY By appt, only Off-site ~ To make an appt, call (\$10) 747-7503. PUTTING GREEN 9:00 a.m. – 3:00 p.m. Courtyard MONDAY MONDAY CACTWITY TMME LOCATION & REQUIREMENTS CHAIR YOGA 11:00 a.m. – 1:200 Social Hall (be) (registration required) DRAWING & PAINTING CLASS 12:30 p.m 3:00 p.m. Monda Room (flee) (registration required) GLASS & MOSAICS 9:00 am. – 1:200 Social Hall (be) (registration required) GLASS ATACE FOR SENIORS (LAS) 12:30 p.m 2:00 p.m. Social Hall (be) (registration required) GLASS ATACE FOR SENIORS (LAS) 10:00 a.m. – 1:00 a.m. Grave For assistance, call (\$10) 832-3040. UNICTING (maintuction wailable) [1:2:0 - 3:00 p.m. Room (Field stration required) OULTING 9:30 am. – 1:30 a.m. Tom Balance All sevis Balance All sevis SPANISH CONVERSATION - Intermediate 10:30 am. – 1:0:30 am. Official (registration required) SPANISH CONVERSATION - Intermediate 10:30 am. – 1:0:30 am. Officis Tero make an appt, call (\$10) 1747-7505.					
NOTARY By app. only Reservation required, call (510) 747-7503. PUTTING GREEN 9:00 a.m3:00 p.m. Courtyard MONDAY Courtyard CREATIVE WRITING 11:00 a.m12:00 Social Hall (Fe) (registration required) CREATIVE WRITING 11:30 a.m12:00 Skill Canter (fe) (registration required) CREATIVE WRITING 11:30 a.m12:00 Skill Canter (fe) (registration required) CLASS & MOSALCS 9:00 a.m1:00 Skill Canter (fe) (registration required) LINE DANCING - Beginning 12:30 p.m2:00 p.m. Counter (fe) (registration required) ULINE DANCING - Beginning 12:30 p.m2:00 p.m. Coan Beginning (fe) (registration required) OULTING Skill Canter (fe) (registration required) Counter (fe) (registration required) OULTING Skill ConVERSATION - Intermediate 1:00 p.m1:00 a.m. Room B (fee) (registration required) SPANISH - Beginning 12:15 p.m1:03 a.m. Room B (fee) (registration required) 1:00 p.m. SPANISH - Beginning 1:00 a.m1:03 a.m. Room B (fee) (registration required) 1:00 a.m1:03 a.m. SPANISH - Beginning 1:00 a.m1:03 a.m. Room B (fe) (registratio					
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Tomake an appL, call (\$10) 747-7500. PUTTING GREEN 9:00 a.m3:00 p.m. Courtyard ACTWITY Title LOCATION & REQUIREMENTS CHAIR YOGA 11:00 a.m12:00 Social Hall (fee) (registration required) CREATIVE WRITING 11:30 a.m13:00 p.m. Social Hall (fee) (registration required) DRAWING & PAINTING CLASS 12:30 p.m3:00 p.m. Social Hall (fee) (registration required) CASS & MOSAICS 9:00 a.m1:200 Social Hall (fee) (registration required) CLASS & MOSAICS 2:30 p.m2:00 p.m. Color multication required) MAH JONGG - All levels (volunteer instruction available) 12:00 p.m2:00 p.m. Off-site (registration required) OULTING Gene Not (registration required) Off-site (registration required) QUILTING 9:30 a.m1:30 a.m. Dining Room 2 (re) (registration required) SPANISH - GONVERSATION - Intermodiate 10:00 a.m1:00 a.m. Dining Room 2 (re) (registration required) SPANISH - Beginning 2:15 p.m1:00 p.m. Social Hall (re) (registration required) SPANISH - Beginning 12:15 p.m1:00 p.m. Social Hall (re) (registration required) BONC CLUB 12:15 p.m1:00 p.m.<					
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CREATIVE WRITING 11:30 a.m1:30 p.m. Media Room (feb) (registration required) DRAWING & PANTING CLASS 12:30 p.m3:30 p.m. Skill Center (feb) (registration required) EGAL ASSISTANCE FOR SENIORS (LAS) 12:00 p.m2:00 p.m. Social Hail (feb) (registration required) MAH JONGG - All levels 12:00 p.m2:00 p.m. Social Hail (feb) (registration required) MASTICK VOLUNTEER WALKING GROUP 9:30 a.m1:30 a.m. Room B (feb) (registration required) QUILTING 10:00 p.m00 p.m. Room B (feb) (registration required) QUILTING 10:00 p.m00 p.m. Room B (feb) (registration required) SPANISH - Deginning 9:00 a.m1:00 p.m. Room B (feb) (registration required) STRENGTH TRAINING & CARDIO 9:30 a.m1:030 a.m. Room A (feb) (registration required) STRENGTH TRAINING & CARDIO 9:30 a.m1:030 a.m. Room A (feb) (registration required) CUILTING 12:15 p.m1:05 p.m. Social Hail (feb) (registration required) CUILTING 12:15 p.m1:05 p.m. Social Hail (feb) (registration required) COM CLUB 12:15 p.m1:05 p.m. Social Hail (feb) (registration required) CATWITY TIME LOCATION & REOURREMEN					
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GLASS & MOSAICS 9:00 a.m 12:00 Skill Center (feg) (registration required) LICEAL ASSISTANCE FOR SENIORS (LAS) To be determined Off-site - For assistance. call (510) 823-940. LINE DANCING - Beginning 12:30 p.m 2:00 p.m. Social Hall (fee) (registration required) MAH JONGG - All levels 12:00 - 3:00 p.m. Game Room (registration required) MASTICK VOLUNTEER WALKING GROUP 9:30 a.m 1:30 p.m. Off-site (registration required) QUILTING 10:00 p.m 3:00 p.m. Social Hall (fee) (registration required) SPANISH - Deginting 9:00 a.m 1:30 a.m. Room B (fee) (registration required) SPANISH - ONVERSATION - Intermediate 10:30 a.m 1:145 a.m. Time (registration required) STREINGTH TRAINING & CARDIO 9:30 a.m 1:05 p.m. Social Hall (fee) (registration required) CATVITY TIME LOCATION & REQUIREMENTS Balance & MONINY 12:15 p.m 1:05 p.m. Social Hall (fee) (registration required) CARAMICS LAB 0:00 a.m 3:00 p.m. Skill Centre (registration required) CARAMICS LAB 10:00 a.m 3:00 p.m. Skill Centre (registration required) CARAMICS LAB 10:00 a.m 1:00 p.m. Skill Centre (registration required) CHARAMICS SPACE –					
LEGAL ASSISTANCE FOR SENIORS (LAS) To be determined Off-site - For assistance, call (510) 832-3040. INE DANCING - Beginning 12:30 p.m. Coole Hall (fee) (registration required) Volunteer instruction available) 12:30 p.m. Cosie Hall (fee) (registration required) MALTICK VOLUNTEER WALKING GROUP 9:30 a.m. 2:30 p.m. Off-site (registration required) OULL TING 10:00 p.m. 8:00 m. Room B (fee) (registration required) OULL TING 10:00 p.m. 10:00 a.m. To:00 a.m. Diming Room 2 (fee) (registration required) SPANISH - Beginning 9:00 a.m. 10:30 a.m. 10:30 a.m. To:30 a.m. Room A (fee) (registration required) SPANISH - Beginning 2:15 p.m. 10:30 a.m. 1:00 a.m.					
LINE DANCING - Beginning 12:30 p.m 2:00 p.m. Social Hall (fee) (registration required) MAH JONGG - All levels 12:00 - 3:00 p.m. Game Room (registration required) MASTICK VOLUNTEER WALKING GROUP 9:30 a.m 1:30 p.m. Off-site (registration required) QUILTING 9:30 a.m 1:30 p.m. Room B (fee) (registration required) SPANISH Enging 9:00 a.m 1:030 a.m. Room B (fee) (registration required) SPANISH CONVERSATION - Intermediate 10:30 a.m 1:030 a.m. Room A (fee) (registration required) STRENCHT RAINING & CARDIO 9:30 a.m 1:030 a.m. Social Hall (fee) (registration required) STRENCHT RAINING & CARDIO 9:30 a.m 1:030 a.m. Social Hall (fee) (registration required) BOOK CLUB 12:15 p.m 1:05 p.m. Social Hall (fee) (registration required) CASE MANAGEMENT SERVICES 9:00 a.m 3:00 p.m. Skill Center (fee) (registration required) CASE MANAGEMENT SERVICES 9:00 a.m 3:00 p.m. Skill Center (fee) (registration required) CONSUMER PRESENTATIONS To be determined Office ~ To make an appl., call (510) 747-7502 CERAMICS LAB 10:00 a.m 1:02 a.m. To be determined Office ~ To registration required)					
IMAH JONGG – All levels 12:00 - 3:00 p.m. Game Room (registration/playing card required volunteer instruction available) MASTICK VOLUNTEER WALKING GROUP 9:30 a.m 2:30 p.m. Off-site (registration required) OUIL TING 9:30 a.m 1:30 a.m. Room B (fee) (registration required) OUIL TING 9:00 a.m 1:03 a.m. Room B (fee) (registration required) SPANISH - Beginning 9:00 a.m 1:03 a.m. Room B (fee) (registration required) STRENCH TRAINING & CARDIO 9:30 a.m 1:03 a.m. Room A (fee) (registration required) STRENCH TRAINING & CARDIO 9:00 a.m 1:03 a.m. Room A (fee) (registration required) BOOK CLUB 12:15 p.m 2:00 p.m. Social Hall (fee) (registration required) BOOK CLUB 12:15 p.m 2:00 p.m. Social Hall (fee) (registration required) CERAMICS LB B 10:00 a.m 3:00 p.m. Social Hall (fee) (registration required) CONSUMER PRESENTATIONS To be determined Skill Center (fee) (registration required) CHAT ROOM: EINDING MEANING IN YOUR LIFE 9:30 a.m 1:30 a.m. Dining Room 2 - program begins August 16 CONSUMER PRESENTATIONS To be determined Coff-site + To assistance, all (510) 83-0393. HICAP					
(volumeter instruction available) Off-site (registration required) OULTING 9:30 a.m 2:30 p.m. Off-site (registration required) OULTING 100 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 10:30 a.m. Room A (fee) (registration required) STRENCHT TRAINING & CARDIO 9:30 a.m 10:30 a.m. Room A (fee) (registration required) STRENCHT RAINING & CARDIO 9:30 a.m 10:30 a.m. Social Hall (fee) (registration required) BOOK CLUB 12:15 p.m 1:05 p.m. Social Hall (fee) (registration required) CASE MANAGEMENT SERVICES 9:00 a.m 3:00 p.m. Skill Center (fee) (registration required) CASE MANAGEMENT SERVICES 9:00 a.m 3:00 p.m. Skill Center (fee) (registration required) CONSUMER PRESENTATIONS To be determined Office - To make an appt, call (510) 747-7505 CONSUMER PRESENTATIONS To be determined Office - To make an appt, call (510) 747-7505 CONSUMER PRESENTATIONS To be determined Office - To make an appt, call (510) 747-7505 CONSUMER PRESENTATIONS To be determined <td></td> <td></td> <td></td>					
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QUILTING 9:30 a.m 11:30 a.m. Room B (fee) (registration required) GUILTING 100 p.m 10:00 a.m. Dining Room 2 (fee) (registration required) SPANISH - Beginning 9:00 a.m 11:35 a.m. Dining Room 2 (fee) (registration required) STRENGTH TRAINING & CARDIO 9:30 a.m 11:30 a.m. Room A (fee) (registration required) STRENGTH TRAINING & CARDIO 9:30 a.m 10:30 a.m. Room A (fee) (registration required) STRENGTH TRAINING & CARDIO 9:30 a.m 10:30 a.m. Room A (fee) (registration required) BAM - Balance & Mobility 12:15 p.m 1:05 p.m. Social Hall (fee) (registration required) BOCK CLUB 12:15 p.m 1:30 p.m. Office ~ To make an appt, call (510) 747-750E CARMICS LAB 10:00 a.m 3:00 p.m. Skill Center (fee) (registration required) CHAT ROOM: FINDING MEANING IN YOUR LIFE 9:30 a.m 1:30 p.m. Nitrual (registration required) CONSUMER PRESENTATIONS To be determined Office ~ To reassistance, call (510) 839-0393 HOLDING SPACE - HOW TO HAVE SATISFYING 10:00 a.m 1:20 p.m. Room A (fee) (registration required) HULA 1 11:30 a.m. Dining Room 2 ~ program begins August 16 CONVEREAFT 9:30 a.m	MASTICK VOLUNTEER WALKING GROUP	9:30 a.m 2:30 p.m.	Off-site (registration required)		
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TUESDAY CLCATION & REQUIREMENTS Balm – Balance & Mobility 12:15 p.m 1:05 p.m. Social Hail (fee) (registration required) BOCK CLUB 12:15 p.m 2:00 p.m. Virtual (registration required)(Ink provided) CASE MANAGEMENT SERVICES 9:00 a.m 3:00 p.m. Skill Center (fee) (registration required) CERAMICS To be determined Skill Center (fee) (registration required) CERAMICS To be determined Skill Center (fee) (registration required) CASE MANAGEMENT SERVICES To be determined Off-site - For assistance, call (510) 747-750 CONSUMER PRESENTATIONS To be determined Off-site - For assistance, call (510) 839-0393. HICAP 11:30 a.m 12:20 p.m. Room A (fee) (registration required) HULA 1 11:30 a.m 12:20 p.m. Room A (fee) (registration required) HULA 2 12:30 p.m 12:20 p.m. Room A (fee) (registration required) HULA 1 11:30 a.m 10:0 p.m. Boilding Room 2 ~ program begins August 16 CONSUMERSTON ASSISTANCE 9:00 a.m 10:0 p.m. Building next to Social Hail TODAY'S WORLD To be determined Dining Room 2 To make an appt. call (510) 747-750 YOGA<					
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Bad Book CLUB 12:15 p.m 1:05 p.m. Social Hall (fee) (registration required) BOOK CLUB 12:15 p.m 2:00 p.m. Virtual (registration required) CASE MANAGEMENT SERVICES 9:00 a.m 3:00 p.m. Office ~ To make an appt, call (510) 747-7505 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) CONSUMER PRESENTATIONS To be determined (fef tr monthy builtion) HICAP To be determined (fef tr monthy builtion) (fel tr monthy builtion) HULA 1 11:30 a.m 1:20 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 A (fee) (registration required) OLGONG 10:00 a.m 1:00 p.m. Room A (fee) (registration required) TRANSPORTATION ASSISTANCE 9:00 a.m 1:00 p.m. Social Hall (fee) (registration required) TRANSPORTATION ASSISTANCE 9:00 a.m 1:00 p.m. Office ~ To make an appt. call (510) 747-7503 YOGA 9:00 a.m 1:00 p.m. COCATI					
BOOK CLUB 12:15 p.m 2:00 p.m. Virtual (registration required/ink provided) (1 ⁴¹ 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) CHAT ROOM: FINDING MEANING IN YOUR LIFE 9:30 a.m 10:30 a.m. Virtual (registration required) CONSUMER PRESENTATIONS To be determined Office ~ To assistance, call (510) 839-0393. HOLDING SPACE - HOW TO HAVE SATISFYING 10:00 a.m 11:30 a.m. Dining Room 2 ~ program begins August 16 GOWERSATIONS AGAIN 11:30 a.m 1:20 p.m. Room A (fee) (registration required) HULA 1 11:30 a.m 1:20 p.m. Room A (fee) (registration required) HULA 2 12:30 p.m 1:20 p.m. Room A (fee) (registration required) ORGONG 10:00 a.m 1:00 p.m. Office ~ To make an appt., call (510) 747-7512 YOGA 9:00 a.m 1:00 p.m. Office ~ To make an appt., call (510) 747-7512 YOGA 9:00 a.m 1:30 p.m. Social Hall (ree) (registration required) TRANSPORTATION ASSISTANCE 9:00 a.m 1:30 p.m. For assistance, call (510) 747-7505 YOGA 9:00 a.m.					
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Init Tuesday of the month) CASE MANAGEMENT SERVICES 9:00 a.m3:00 p.m. Office ~ To make an appt, call (510) 747-7505 CERAMICS LAB 10:00 a.m3:00 p.m. Skill Center (fee) (registration required) CHAT ROOM: FINDING MEANING IN YOUR LIFE 9:30 a.m 11:30 a.m. Virtual (registration required) CONSUMER PRESENTATIONS To be determined Off-site ~ For assistance, call (510) 839-0393. HICAP To be determined Off-site ~ For assistance, call (510) 839-0393. HOLDING SPACE – HOW TO HAVE SATISFYING 10:00 a.m 11:30 a.m. Dining Room 2 ~ program begins August 16 CONVERSATIONS AGAN 11:30 a.m 12:20 p.m. Room A (fee) (registration required) HULA 1 11:30 a.m 12:00 p.m. Room A (fee) (registration required) NEEDLECRAFT 9:30 a.m 1:00 p.m. Room A (fee) (registration required) OLGONG 10:00 a.m 1:00 p.m. Dining Room 2 program begins August 16 TMRIFT SHOP (OPEN FOR SHOPPING) 10:00 a.m 1:00 p.m. Dining Room 2 cold all all TODAY'S WORLD To be determined Dining Room 2 cold all all (fee) (registration required) ZUMBA GOLD - TONING 2:00 p.m 2:55 p.m. Room A	BOOK CLUB		Virtual (registration required/link provided)		
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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 Off-site ~ For assistance, call (510) 839-0393. HICAP To be determined Off-site ~ For assistance, call (510) 839-0393. HOLDING SPACE – HOW TO HAVE SATISFYING 10:00 a.m. – 11:20 p.m. Room A (fee) (registration required) HULA 1 11:30 a.m. – 1:20 p.m. Room A (fee) (registration required) HUELA 2 12:30 p.m. – 1:20 p.m. Room A (fee) (registration required) NEEDLECRAFT 9:30 a.m. – 1:00 p.m. Room A (fee) (registration required) 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 1:00 p.m. Social Hall (fee) (registration required) YOGA 9:00 a.m 1:00 p.m. Social Hall (fee) (registration required) ZUMBA GOLD – TONING 2:00 p.m 2:55 p.m. Room D (fee) (registration required) ARP SMART DRIVER COURSE 9:00 a.m 3:00 p.m. Room D (fee) (registration required) CASE MANAGEMENT SERVICES 9:00 a.m 3:00 p.m. Room C (registration required) CASE MANAGEMENT S					
CONSUMER PRESENTATIONS To be determined (refer to monthly bulletin) HICAP To be determined Off-site - For assistance, call (510) 839-0393. HOLDING SPACE - HOW TO HAVE SATISFYING 10:00 a.m 11:30 a.m. Dining Room 2 ~ program begins August 16 CONVERSATIONS AGAIN 11:30 a.m 12:20 p.m. Room A (fee) (registration required) HULA 1 11:30 a.m 1:00 p.m. Room A (fee) (registration required) NEEDLECRAFT 9:30 a.m 1:00 p.m. Room A (fee) (registration required) TRANSPORTATION ASSISTANCE 9:00 a.m 1:00 p.m. Building next to Social Hall TODAY'S WORLD To be determined Dining Room 2 TRANSPORTATION ASSISTANCE 9:00 a.m 1:00 p.m. Social Hall (fee) (registration required) ZUMBA GOLD - TONING 2:00 p.m 2:55 p.m. Room D (fee) (registration required) WEDDNESDAY MEDD TIME LOCATION & REQUIREMENTS AARP SMART DRIVER COURSE 9:00 a.m 1:30 p.m. For assistance, call (510) 747-7503. BUDD PRESSURE - Fire Dept. To be determined Media Room (2 rd & 4 th Wednesday of month) BRIDGE PLAYERS 12:00 - 3:00 p.m. Game Room (registration required)					
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ACTIVITYTIMELOCATION & REQUIREMENTSAARP SMART DRIVER COURSE9:00 a.m 1:30 p.m.Room D (fee) (registration required) ~ For assistance, call (510) 747-7500.BLOOD PRESSURE – Fire Dept.To be determinedMedia Room (2 nd & 4 th Wednesday of month)BRIDGE PLAYERS12:00 - 3:00 p.m.Game Room (registration required)CASE MANAGEMENT SERVICES9:00 a.m 3:00 p.m.Office ~ To make an apt., call (510) 747-7505COMPUTER INSTRUCTIONsee posted scheduleRoom C (registration required)GLASS & MOSAICS9:00 a.m 12:00Skill Center (fee) (registration required)GLASS & MOSAICS LAB12:30 p.m 3:00 p.m.Skill Center (for enrolled students)DIABETES SUPPORT GROUP10:00 a.m 12:00Room D (4 th Wednesday of the month) ~ To register, call (510) 747-7500.LINE DANCING FOR NEW BEGINNERS9:30 a.m 10:30 a.m.Social Hall (fee) (registration required)MSCAB MEETING9:30 a.m 10:30 a.m.Room D (3 rd Wednesday of month) Dining Room 2 (1 st & 3 rd Wed. of the month) 9:30 a.m 12:30 p.m.PICKLEBALL9:30 a.m 12:30 p.m.Lincoln Park (1450 High St.) Fio:00 p.m 7:30 p.m.PILATES9:00 a.m 10:00 a.m.Hybrid (Virtual/Room A) (fee) (registration required)SENIOR CONNECTIONS & RESOURCES1:00 p.m 2:00 p.m.Room D (3 rd Wednesday of the month) ~ For assistance, call (510) 747-7505.STRENGTH TRAINING & CARDIO10:30 a.m 11:30 a.m.Room A (fee) (registration required)TABLE TENNIS12:45 p.m 3:45 p.m.Social Hall (free) (registration required)	ZUMBA GOLD – TOMING		Room A (lee) (legislialion required)		
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TABLE TENNIS 12:45 p.m. – 3:45 p.m. Social Hall (free) (registration required)		10:20 11:00			
IRANSPORTATION ASSISTANCE 9:00 a.m. – 1:00 p.m. Office ~ To make an appt., call (510) 747-7513	TRANSPORTATION ASSISTANCE	9:00 a.m. – 1:00 p.m.	Office ~ To make an appt., call (510) 747-7513.		

THURSDAY			
ACTIVITY	TIME	LOCATION & REQUIREMENTS	
ALZHEIMER'S CAREGIVER SUPPORT	10:00 a.m 11:30 a.m.	Virtual (2 nd & 4 th Thursday of month) ~	
GROUP		For assistance, call (800) 272-3900.	
BIRTHDAY CELEBRATION	12:30 p.m 1:00 p.m.	Courtyard (4 th Thursday of the month)	
1155OCCE BALL – All levels	1:00 p.m. – 3:00 p.m.	Courtyard	
(volunteer instruction available)			
BROWN BAG PROGRAM	9:00 a.m 10:00 a.m.	Dining Room 1 (1 st & 3 rd 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)	
FITNESS WITH KENDRA	10:15 a.m. – 11:15 a.m.	Room A (fee) (registration required)	
GREAT AMERICAN SONGBOOK	1:00 p.m. – 2:30 p.m.	Virtual (1 st & 3 rd Thursday of month)	
		(registration required/link provided)	
MUSIC APPRECIATION	1:30 p.m 2:30 p.m.	Dining Room 2 (4 th Thursday of the month)	
NEW MEMBER ORIENTATION	10:30 a.m. – 12:00	Game Room (2 nd 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 rd Thursday of month)	
		(registration required)	
THRIFT SHOP (DONATIONS ONLY -	9:30 a.m. – 1:00 p.m.	Building next to Social Hall	
ACCEPTED UNTIL FULL)			
TRANSPORTATION ASSISTANCE	9:00 a.m. – 1:00 p.m.	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 st Friday of the month)	
SHAKESPEARE DISCUSSION GROUP	1:30 p.m. – 3:30 p.m.	Virtual (registration required/link provided)	
	SATURDAY		
ΑCTIVITY	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	9:30 a.m. – 1:00 p.m.	Building next to Social Hall	

MASTICK SENIOR CENTER ACTIVITIES AT A GLANCE (EFFECTIVE 7/28/2022)

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 or visit <u>www.alamedaca.gov/mastick</u>

Program dates, times, and locations subject to change.