

MASTICK SENIOR CENTER ACTIVITIES AT A GLANCE (EFFECTIVE 12/23/2022)

MONDAY - FRIDAY		
ACTIVITY	TIME	LOCATION & REQUIREMENTS
BILLIARDS	9:00 a.m. - 3:00 p.m.	Pool Room
BOCCE BALL	9:00 a.m. - 3:00 p.m.	Courtyard
COMPUTER LAB / INSTRUCTION	see posted schedule	Hybrid (Room C/Virtual)
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. - 12:15 p.m.	Dining Room 1 (\$3.75 suggested donation) Reservation required, call (510) 747-7503.
NOTARY	By appt. only	Off-site ~ Call (510) 747-7500.
PUTTING GREEN	9:00 a.m. - 3:00 p.m.	Courtyard
MONDAY		
ACTIVITY	TIME	LOCATION & REQUIREMENTS
CHAIR YOGA	11:00 a.m. - Noon	Social Hall (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. - Noon	Skill Center (fee) (registration required)
LEGAL ASSISTANCE FOR SENIORS (LAS)	To be determined	Off-site ~ For assistance, call (510) 832-3040.
LINE DANCING - RETURNING BEGINNERS	12:30 p.m. - 2:00 p.m.	Social Hall (fee) (registration required)
MAH JONGG - All levels (volunteer instruction available as needed)	Noon - 3:00 p.m.	Game Room ~ For assistance, call (510) 747-7500.
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)
TABLE TENNIS	Noon - 3:00 p.m.	Dining Rooms 1 & 2
TRANSPORTATION: AC Transit Bus Pass Assistance ONLY	10:00 a.m. - Noon	Office ~ To make an appt., call (510) 747-7513.
TUESDAY		
ACTIVITY	TIME	LOCATION & REQUIREMENTS
BaM - Balance & Mobility	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/link provided) (1 st 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/link provided)
FITNESS WITH KENDRA	5:00 p.m. - 6:00 p.m.	Social Hall (fee) (registration required)
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)
THRIFT SHOP (OPEN FOR SHOPPING)	10:00 a.m. - 2:00 p.m.	Building next to Social Hall
TRANSPORTATION: AC Transit Bus Pass Assistance ONLY	10:00 a.m. - Noon	Office ~ To make an appt., call (510) 747-7513.
TRANSPORTATION ASSISTANCE	1:00 p.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)
YOGA FOR BONE HEALTH	5:00 p.m. - 6:15 p.m.	Social Hall (fee) (registration required)
ZUMBA GOLD - TONING	2:00 p.m. - 2:55 p.m.	Social Hall (fee) (registration required)
WEDNESDAY		
ACTIVITY	TIME	LOCATION & REQUIREMENTS
AARP SMART DRIVER COURSE	To be determined	Room D (fee) (registration required) ~ For assistance, call (510) 747-7500.
BALLROOM DANCE	1:00 p.m. - 2:00 p.m.	Room A (fee) (registration required)
BRIDGE PLAYERS	Noon - 3:00 p.m.	Game Room
CASE MANAGEMENT SERVICES	9:00 a.m. - 3:00 p.m.	Office ~ To make an appt., call (510) 747-7505.
GLASS & MOSAICS	9:00 a.m. - Noon	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. - Noon	Room D (4 th Wednesday of the month) ~ To register, call (510) 747-7500.
KNITTING CIRCLE	1:00 p.m. - 3:00 p.m.	Room B
LINE DANCING - ABSOLUTE BEGINNERS	9:30 a.m. - 10:30 a.m.	Social Hall (fee) (registration required)
LINE DANCING - IMPROVERS	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 rd Wednesday of month)
MOVIE MATINEE	12:30 p.m. - 2:30 p.m.	Dining Room 2 (1 st & 3 rd Wed. of the month)
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 (Room A/ Virtual) (fee) (registration required)
SENIOR CONNECTIONS & RESOURCES	1:00 p.m. - 2:00 p.m.	Room D (3 rd 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)
TRANSPORTATION ASSISTANCE	10:00 a.m. - Noon	Office ~ To make an appt., call (510) 747-7513.
TRANSPORTATION: AC Transit Bus Pass Assistance ONLY	1:00 p.m. - 3:00 p.m.	Office ~ To make an appt., call (510) 747-7513.

MASTICK SENIOR CENTER ACTIVITIES AT A GLANCE (EFFECTIVE 12/23/2022)

THURSDAY		
ACTIVITY	TIME	LOCATION & REQUIREMENTS
ALZHEIMER'S CAREGIVER SUPPORT GROUP	10:00 a.m. - 11:30 a.m.	Virtual (2 nd & 4 th Thursday of month) ~ For assistance, call (800) 272-3900.
BIRTHDAY CELEBRATION	12:30 p.m. - 1:00 p.m.	Courtyard (4 th 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 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.
CREATIVE WRITING	1:00 p.m. – 3:00 p.m.	Media Room (fee) (registration required)
CERAMICS LAB	10:00 a.m. – 3:00 p.m.	Skill Center (fee) (registration required)
FITNESS WITH KENDRA	11:45 a.m.- 12:45 p.m.	Social Hall (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. – Noon	Game Room (2 nd Thursday of month) ~ To register, call (510) 747-7500.
QIGONG	10:00 a.m. – 11:00 a.m.	Room A (fee) (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)
SALSA	12:15 p.m. – 1:00 p.m.	Room A (registration required)
SCRABBLE	Noon - 3:00 p.m.	Game Room
TEENS TEACHING TECHNOLOGY	see posted schedule	Room C (3 rd 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	10:00 a.m. – Noon	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 FOLKLORE 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 - Intermediate Translation	10:00 a.m. – 11:00 a.m.	Room D
FRENCH – Intermediate Conversation	11:15 a.m. – Noon	Room D
GERMAN READING - Intermediate	10:00 a.m. – 11:00 a.m.	Virtual (registration required/link provided)
GERMAN CONVERSATION - Intermediate	11:00 a.m. – Noon	Virtual (registration required/link provided)
ITALIAN CONVERSATION - Intermediate	10:00 a.m. – Noon	Virtual (registration required/link provided)
MAH JONGG - Experienced Players	12:00 - 3:00 p.m.	Game Room
MOVIE CLUB	10:00 a.m. – Noon	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)
STRENGTH TRAINING & CARDIO	10:45 a.m. - 11:45 a.m.	Room A (fee) (registration required)
TABLE TENNIS	9:00 a.m. – 3:00 p.m.	Dining Rooms 1 & 2
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
or visit www.alamedaca.gov/mastick**

Program dates, times, and locations subject to change.