

## MASTICK SENIOR CENTER ACTIVITIES AT A GLANCE (EFFECTIVE 9/26/2023)

<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
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	Doors open: 11:45 a.m. Lunch served: Noon	Dining Room 1 (suggested donation: \$4/meal) Reservation required, call (510) 747-7503.
PICKLEBALL	8:00 a.m. - Dusk Gate code: 074337*	Drop in play seven days/week (except during ARPD programs) Lincoln Park (1450 High St.)
PUTTING GREEN	9:00 a.m. - 3:00 p.m.	Courtyard
TABLE TENNIS	10:00 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. - Noon	Social Hall (fee) (registration required)
DRAWING & PAINTING CLASS	12:30 p.m. - 3:00 p.m.	Skill Center (fee) (registration required)
GERMAN PRACTICE TIME	1:00 p.m. - 2:30 p.m.	Media Room
LEGAL ASSISTANCE FOR SENIORS (LAS)	Off-site	For assistance, call (510) 832-3040.
LINE DANCING - EXPERIENCED 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.	Room D (fee) (registration required)
SPANISH CONVERSATION - Intermediate	10:30 a.m. - 11:45 a.m.	Room D (fee) (registration required)
SQUARE DANCE	1:00 p.m. - 3:00 p.m.	Room A (\$2/class, pay instructor at door)
STAINED GLASS & MOSAICS	9:30 a.m. - Noon	Skill Center (fee) (registration required)
TABLE TENNIS	9:00 a.m. - 3:00 p.m.	Dining Room 2
<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. - 2:00 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 - Beginning & Continuing	10:00 a.m. - Noon	Skill Center (fee) (registration required)
CERAMICS LAB	Noon - 3:00 p.m.	Skill Center (for enrolled students only)
FABRIC ARTS LAB	9:00 a.m. - 2:00 p.m.	Room B
HICAP	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)
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
THRIFT SHOP (DONATIONS ACCEPTED UNTIL FULL)	9:30 a.m. - 1:00 p.m.	Building next to Social Hall
TRANSPORTATION ASSISTANCE	10:00 a.m. - 2:00 p.m.	Office ~ To make an appt., call (510) 747-7513.
YOGA WITH DINA	9:00 a.m. - 10:15 a.m.	Social Hall (fee) (registration required)
YOGA FOR BONE HEALTH	5:15 p.m. - 6:30 p.m.	Social Hall (fee) (registration required)
ZUMBA GOLD - TONING	10:30 a.m. - 11:35 a.m.	Social Hall (fee) (registration required)
<b>WEDNESDAY</b>		
<b>ACTIVITY</b>	<b>TIME</b>	<b>LOCATION &amp; REQUIREMENTS</b>
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.
DIABETES SUPPORT GROUP	10:00 a.m. - Noon	Room E (4 <sup>th</sup> 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 <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	1:00 p.m. - 1:30 p.m.	Office ~ To make an appt., call (510) 747-7500.
PILATES	9:00 a.m. - 10:00 a.m.	Hybrid (Room A/Virtual) (fee) (reg. required)
SENIOR CONNECTIONS & RESOURCE INFORMATION	1:00 p.m. - 2:00 p.m.	Room D (3 <sup>rd</sup> Wednesday of the month) ~ For assistance, call (510) 747-7505.
SPANISH PRACTICE TIME	10:30 A.M. - Noon	Media Room
STAINED GLASS & MOSAICS	9:30 a.m. - Noon	Skill Center (fee) (registration required)
STAINED GLASS & MOSAICS	12:30 p.m. - 3:00 p.m.	Skill Center (fee) (registration required)
STRENGTH TRAINING & CARDIO	10:30 a.m. - 11:30 a.m.	Room A (fee) (registration required)
TRANSPORTATION ASSISTANCE	10:00 a.m. - 2:00 p.m.	Office ~ To make an appt., call (510) 747-7513.

## MASTICK SENIOR CENTER ACTIVITIES AT A GLANCE (EFFECTIVE 9/26/2023)

<b>THURSDAY</b>		
<b>ACTIVITY</b>	<b>TIME</b>	<b>LOCATION &amp; REQUIREMENTS</b>
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/Dining Room 2 (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 – Continuing & Intermediate	10:00 a.m. – Noon	Skill Center (fee) (registration required)
CERAMICS LAB	Noon – 3:00 p.m.	Skill Center (for enrolled students only)
FITNESS WITH KENDRA	11:45 a.m.- 12:45 p.m.	Social Hall (fee) (registration required)
FRENCH PRACTICE TIME	1:30 p.m. – 3:00 p.m.	Media Room
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. – Noon	Game Room (2 <sup>nd</sup> 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. – 1:15 p.m.	Room A
SCRABBLE	Noon - 3:00 p.m.	Game Room
TEENS TEACHING TECHNOLOGY	see posted schedule	Room C (registration required)
THRIFT SHOP (DONATIONS ONLY – ACCEPTED UNTIL FULL)	9:30 a.m. – 1:00 p.m.	Building next to Social Hall
TRANSPORTATION ASSISTANCE	By appt. only	Office ~ To make an appt., call (510) 747-7513.
YOGA, CHANTING AND MEDITATION	8:30 a.m. – 9:40 a.m.	Social Hall (fee) registration required)
YOGA WITH DINA	10:00 a.m. – 11:15 a.m.	Social Hall (fee) (registration required)
<b>FRIDAY</b>		
<b>ACTIVITY</b>	<b>TIME</b>	<b>LOCATION &amp; REQUIREMENTS</b>
DRAWING & PAINTING CLASS	10:00 a.m. – 12:30 p.m.	Skill Center (fee) (registration required)
DRAWING & PAINTING LAB	1:00 p.m. – 3:00 p.m.	Skill Center (for enrolled students only)
EGYPTIAN FOLKLORIC DANCE	9:00 a.m. – 10:30 a.m.	Room A (registration required)
FABRIC ARTS LAB	9:00 a.m. - 3:00 p.m.	Room B
FRENCH - Intermediate Translation	10:00 a.m. – 11:00 a.m.	Room E
FRENCH – Intermediate Conversation	11:10 a.m. – Noon	Room E
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	Hybrid (Room D/Virtual)
MAH JONGG - Experienced Players	Noon - 3:00 p.m.	Game Room
MOVIE CLUB	10:00 a.m. – Noon	Virtual (registration required/link provided) (1 <sup>st</sup> Friday of the month)
SHAKESPEARE DISCUSSION GROUP	1:00 p.m. – 3:00 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 Room 2
TECH FRIDAYS WITH ASHWIN	10:00 a.m. – Noon	Room C
TRANSPORTATION ASSISTANCE	By appt. only	Office ~ To make an appt., call (510) 747-7513.
ZUMBA GOLD	10:30 a.m. – 11:35 a.m.	Social Hall (fee) (registration required)
<b>SATURDAY</b>		
<b>ACTIVITY</b>	<b>TIME</b>	<b>LOCATION &amp; REQUIREMENTS</b>
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](http://www.alamedaca.gov/mastick)**

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