MASTICK SENIOR CENTER ACTIVITIES AT A GLANCE (EFFECTIVE 11/26/2024)

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	9:00 a.m. – 3:00 p.m.	Room C	
EXERCISE EQUIPMENT	9:00 a.m 4:00 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: 12:00 p.m.	Dining Room 1 (suggested donation: \$4/meal) Reservation required, call (510) 747-7503.	
PUTTING GREEN	9:00 a.m. – 3:00 p.m.	Courtyard	
TECH SUPPORT	Varies	Room C (see fliers in lobby for details)	
TRANSPORTATION ASSISTANCE	Varies MONDAY	Office ~ To make an appt., call (510) 747-7513.	
ACTIVITY	TIME	LOCATION & REQUIREMENTS	
CHAIR YOGA	11:00 a.m. – 12:00 p.m.	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. – 3:00 p.m.	Media Room	
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)	12:00 p.m 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 QUILTING	9:30 a.m 11:30 a.m.	Room B (fee) (registration required) Room B (fee) (registration required)	
SPANISH - Beginning	1:00 p.m 3:00 p.m. 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)	
SPANISH PRACTICE TIME	12:15 p.m. – 1:45 p.m.	Room D	
Balance Mobility and Stability	10:00 a.m. – 10:50 a.m.	Social Hall (fee) (registration required)	
STAINED GLASS & MOSAICS	9:30 a.m. – 12:00 p.m.	Skill Center (fee) (registration required)	
TABLE TENNIS	10:00 a.m. – 3:00 p.m.	Dining Room 2	
	TUESDAY		
ACTIVITY	TIME	LOCATION & REQUIREMENTS	
BaM – Balance & Mobility BOOK CLUB	12:15 p.m. – 1:05 p.m. 12:15 p.m. – 3:15 p.m.	Social Hall (fee) (registration required) Virtual (registration required/link provided)	
		(1st Tuesday of the month)	
CASE MANAGEMENT SERVICES TODAY'S WORLD	9:00 a.m. – 3:00 p.m. 9:30 a.m. – 11:30 a.m.	Office ~ To make an appt., call (510) 747-7505. Dining Room 2	
GETTING "UNSTUCK"!	10:00 a.m. – 11:30 a.m.	Room D	
FRAME WEAVING	9:00 a.m. – 12:00 p.m.	Room B (registration required)	
CERAMICS – Beginning & Continuing	10:00 a.m. – 12:00 p.m.	Skill Center (fee) (registration required)	
CERAMICS LAB	12:30 p.m. – 3:00 p.m.	Skill Center (for enrolled students only)	
TAI CHI FITNESS W/ MEL	10:45 a.m. – 11:45 a.m.	Social Hall (fee) (registration required)	
CHINESE MANDARIN CLASS	1:00 p.m. – 2:00 p.m.	Room E	
HULA INTRODUCTION TO QIGONG	11:30 a.m. – 1:20 p.m. 10:00 a.m. – 11:00 a.m.	Room A, call (510) 747-7500 for details. Room A (fee) (registration required)	
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SENIOR SOUL DANCE	3:30 p.m. – 4:30 p.m.	Social Hall (fee) (registration required)	
	3:30 p.m. – 4:30 p.m. 12:00p.m. – 2:00 p.m.		
SENIOR SOUL DANCE BRIDGE THRIFT SHOP (OPEN FOR SHOPPING) THRIFT SHOP (DONATIONS ACCEPTED UNTIL FULL)	3:30 p.m. – 4:30 p.m.	Social Hall (fee) (registration required) Game Room	
SENIOR SOUL DANCE BRIDGE THRIFT SHOP (OPEN FOR SHOPPING) THRIFT SHOP (DONATIONS ACCEPTED UNTIL FULL) YOGA WITH DINA	3:30 p.m. – 4:30 p.m. 12:00p.m. – 2:00 p.m. 10:00 a.m 2:00 p.m. 9:30 a.m. – 1:00 p.m. 9:00 a.m. – 10:15 a.m.	Social Hall (fee) (registration required) Game Room Building next to Social Hall Building next to Social Hall Social Hall (fee) (registration required)	
SENIOR SOUL DANCE BRIDGE THRIFT SHOP (OPEN FOR SHOPPING) THRIFT SHOP (DONATIONS ACCEPTED UNTIL FULL) YOGA WITH DINA YOGA FOR BONE HEALTH	3:30 p.m. – 4:30 p.m. 12:00p.m. – 2:00 p.m. 10:00 a.m 2:00 p.m. 9:30 a.m. – 1:00 p.m. 9:00 a.m. – 10:15 a.m. 5:15 p.m. – 6:30 p.m.	Social Hall (fee) (registration required) Game Room Building next to Social Hall Building next to Social Hall Social Hall (fee) (registration required) Social Hall (fee) (registration required)	
SENIOR SOUL DANCE BRIDGE THRIFT SHOP (OPEN FOR SHOPPING) THRIFT SHOP (DONATIONS ACCEPTED UNTIL FULL) YOGA WITH DINA YOGA FOR BONE HEALTH ZUMBA GOLD – TONING	3:30 p.m. – 4:30 p.m. 12:00p.m. – 2:00 p.m. 10:00 a.m 2:00 p.m. 9:30 a.m. – 1:00 p.m. 9:00 a.m. – 10:15 a.m. 5:15 p.m. – 6:30 p.m. 1:30 p.m. – 2:30 p.m.	Social Hall (fee) (registration required) Game Room Building next to Social Hall Building next to Social Hall Social Hall (fee) (registration required) Social Hall (fee) (registration required) Social Hall (fee) (registration required)	
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SENIOR SOUL DANCE BRIDGE THRIFT SHOP (OPEN FOR SHOPPING) THRIFT SHOP (DONATIONS ACCEPTED UNTIL FULL) YOGA WITH DINA YOGA FOR BONE HEALTH ZUMBA GOLD – TONING Alameda History Lecture and Roundtable Series ACTIVITY CASE MANAGEMENT SERVICES DIABETES SUPPORT GROUP GREAT AMERICAN SONGBOOK SEWING WORKSHOP KNITTING CIRCLE LINE DANCING – ABSOLUTE BEGINNERS LINE DANCING – HIGH BEGINNERS MASTICK SPEAKER SERIES	3:30 p.m. – 4:30 p.m. 12:00p.m. – 2:00 p.m. 10:00 a.m. – 2:00 p.m. 9:30 a.m. – 1:00 p.m. 9:00 a.m. – 10:15 a.m. 5:15 p.m. – 6:30 p.m. 1:30 p.m. – 2:30 p.m. 6:30 p.m. – 7:30 p.m. 6:30 p.m. – 7:30 p.m. 1:00 a.m. – 12:00 p.m. 1:00 p.m. – 2:30 p.m. 1:00 p.m. – 2:30 p.m. 1:00 p.m. – 3:00 p.m. 9:30 a.m. – 10:30 a.m. 1:00 p.m. – 3:00 p.m.	Social Hall (fee) (registration required) Game Room Building next to Social Hall Building next to Social Hall Social Hall (fee) (registration required) Social Hall (fee) (registration required) Social Hall (fee) (registration required) Room D (1st Monday of the month) **LOCATION & REQUIREMENTS** Office ~ To make an appt., call (510) 747-7505. (4th Wednesday of the month) ~ To register, call (510) 747-7500. Dining Room 2 (2nd Wednesday of month) Room B Room B Social Hall (fee) (registration required) Social Hall (fee) (registration required) Media Room (2nd and 4th Wednesdays of month) Room D (3rd Wednesday of month)	
SENIOR SOUL DANCE BRIDGE THRIFT SHOP (OPEN FOR SHOPPING) THRIFT SHOP (DONATIONS ACCEPTED UNTIL FULL) YOGA WITH DINA YOGA FOR BONE HEALTH ZUMBA GOLD – TONING Alameda History Lecture and Roundtable Series ACTIVITY CASE MANAGEMENT SERVICES DIABETES SUPPORT GROUP GREAT AMERICAN SONGBOOK SEWING WORKSHOP KNITTING CIRCLE LINE DANCING – ABSOLUTE BEGINNERS LINE DANCING – HIGH BEGINNERS MASTICK SPEAKER SERIES MSCAB MEETING MOVIE MATINEE NOTARY PILATES ESL- ENGLISH AS SECOND LANGUAGE	3:30 p.m 4:30 p.m. 12:00p.m 2:00 p.m. 10:00 a.m 2:00 p.m. 9:30 a.m 1:00 p.m. 9:00 a.m 10:15 a.m. 5:15 p.m 6:30 p.m. 1:30 p.m 2:30 p.m. 6:30 p.m 7:30 p.m. 6:30 p.m 7:30 p.m. 1:00 a.m 12:00 p.m. 1:00 p.m 2:30 p.m. 1:00 p.m 2:30 p.m. 1:00 p.m 1:00 p.m. 1:00 p.m 3:00 p.m. 1:00 p.m 3:00 p.m. 9:30 a.m 10:30 a.m. 11:00 a.m 12:30 p.m. 1:00 p.m 3:00 p.m. 1:00 p.m 3:00 p.m. 1:00 p.m 3:00 p.m.	Social Hall (fee) (registration required) Game Room Building next to Social Hall Building next to Social Hall Social Hall (fee) (registration required) Social Hall (fee) (registration required) Social Hall (fee) (registration required) Room D (1st Monday of the month) **LOCATION & REQUIREMENTS** Office ~ To make an appt., call (510) 747-7505. (4th Wednesday of the month) ~ To register, call (510) 747-7500. Dining Room 2 (2nd Wednesday of month) Room B Social Hall (fee) (registration required) Social Hall (fee) (registration required) Media Room (2nd and 4th Wednesdays of month) Room D (3rd Wednesday of month) (1st & 3rd Wednesday of month) (1st & 3rd Wednesday of month) Office ~ To make an appt., call (510) 747-7500. Hybrid (Room A/Virtual) (fee) (reg. required) Room E (fee)	
SENIOR SOUL DANCE BRIDGE THRIFT SHOP (OPEN FOR SHOPPING) THRIFT SHOP (DONATIONS ACCEPTED UNTIL FULL) YOGA WITH DINA YOGA FOR BONE HEALTH ZUMBA GOLD – TONING Alameda History Lecture and Roundtable Series ACTIVITY CASE MANAGEMENT SERVICES DIABETES SUPPORT GROUP GREAT AMERICAN SONGBOOK SEWING WORKSHOP KNITTING CIRCLE LINE DANCING – ABSOLUTE BEGINNERS LINE DANCING – HIGH BEGINNERS MASTICK SPEAKER SERIES MSCAB MEETING MOVIE MATINEE NOTARY PILATES	3:30 p.m 4:30 p.m. 12:00p.m 2:00 p.m. 10:00 a.m 2:00 p.m. 9:30 a.m 1:00 p.m. 9:00 a.m 10:15 a.m. 5:15 p.m 6:30 p.m. 1:30 p.m 2:30 p.m. 6:30 p.m 7:30 p.m. 6:30 p.m 7:30 p.m. 1:00 a.m 12:00 p.m. 1:00 p.m 2:30 p.m. 1:00 p.m 12:00 p.m. 1:00 p.m 1:00 p.m. 1:00 p.m 3:00 p.m. 1:00 p.m 3:00 p.m. 1:00 p.m 3:00 p.m. 1:00 p.m 3:00 p.m. 1:00 p.m 10:30 a.m. 11:00 a.m 10:30 a.m. 11:00 p.m 3:00 p.m.	Social Hall (fee) (registration required) Game Room Building next to Social Hall Building next to Social Hall Social Hall (fee) (registration required) Social Hall (fee) (registration required) Social Hall (fee) (registration required) Room D (1st Monday of the month) **LOCATION & REQUIREMENTS** Office ~ To make an appt., call (510) 747-7505. (4th Wednesday of the month) ~ To register, call (510) 747-7500. Dining Room 2 (2nd Wednesday of month) Room B Social Hall (fee) (registration required) Social Hall (fee) (registration required) Media Room (2nd and 4th Wednesdays of month) Room D (3rd Wednesday of month) (1st & 3rd Wednesday of month) Office ~ To make an appt., call (510) 747-7500. Hybrid (Room A/Virtual) (fee) (reg. required)	

MASTICK SENIOR CENTER ACTIVITIES AT A GLANCE (EFFECTIVE 11/26/2024) 9:30 a.m. - Noon

12:30 p.m. – 3:00 p.m.

Skill Center (fee) (registration required)

Skill Center (fee) (registration required)

STAINED GLASS & MOSAICS

STAINED GLASS & MOSAICS

STRENGTH TRAINING & CARDIO	10:30 a.m 11:30 a.m.	Room A (fee) (registration required)	
FOREVER FUNCTIONAL FITNESS	2:30 p.m. – 3:30 p.m.	Room A (fee) (registration required)	
YOGA FOR BONE HEALTH	2:45 p.m. – 4:00 p.m.	Social Hall (fee) (registration required)	
	THURSDAY	, , , ,	
ACTIVITY	TIME	LOCATION & REQUIREMENTS	
BaM - Balance & Mobility	2:00 p.m. – 2:50 p.m.	Social Hall (fee) (registration required)	
BIRTHDAY CELEBRATION	12:30 p.m 1:00 p.m.	Dining Room 2 (4th Thursday of month)	
BOCCE 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 (1st & 3rd 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. – 12:00 p.m.	Skill Center (fee) (registration required)	
CERAMICS LAB	12:30 p.m. – 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)	
STAMP CLUB	1:00 p.m. – 3:00 p.m.	Room D (2 nd Thursday of month)	
MUSIC APPRECIATION	1:30 p.m 2:30 p.m.	Dining Room 2 (4th Thursday of month)	
NEW MEMBER ORIENTATION	10:30 a.m. – 12:00 p.m.	Game Room (2 nd Thursday of month)	
	•	~ To register, call (510) 747-7500.	
QIGONG (ADVANCED)	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)	
OPEN DANCE LAB	11:15 a.m. – 1:15 p.m.	Room A	
SCRABBLE	1:00 p.m 3:00 p.m.	Game Room	
THRIFT SHOP (DONATIONS ONLY -	9:30 a.m. – 1:00 p.m.	Building next to Social Hall	
ACCEPTED UNTIL FULL)		g a same and	
YOGA WITH DINA	10:00 a.m. – 11:15 a.m.	Social Hall (fee) (registration required)	
ZUMBA GOLD	1:30 p.m. – 2:30 p.m.	Room A (fee) (registration required)	
FRIDAY			
1	FRIDAT		
ACTIVITY		LOCATION & REQUIREMENTS	
ACTIVITY DRAWING & PAINTING CLASS	TIME	LOCATION & REQUIREMENTS Skill Center (fee) (registration required)	
DRAWING & PAINTING CLASS	TIME 10:00 a.m. – 12:30 p.m.	Skill Center (fee) (registration required)	
DRAWING & PAINTING CLASS DRAWING & PAINTING LAB	TIME 10:00 a.m. – 12:30 p.m. 1:00 p.m. – 3:00 p.m.	Skill Center (fee) (registration required) Skill Center (for enrolled students only)	
DRAWING & PAINTING CLASS DRAWING & PAINTING LAB EGYPTIAN FOLKLORIC DANCE	TIME 10:00 a.m. – 12:30 p.m. 1:00 p.m. – 3:00 p.m. 9:00 a.m. – 10:30 a.m.	Skill Center (fee) (registration required) Skill Center (for enrolled students only) Room A (registration required)	
DRAWING & PAINTING CLASS DRAWING & PAINTING LAB EGYPTIAN FOLKLORIC DANCE FABRIC ARTS LAB	TIME 10:00 a.m. – 12:30 p.m. 1:00 p.m. – 3:00 p.m. 9:00 a.m. – 10:30 a.m. 9:00 a.m 3:00 p.m.	Skill Center (fee) (registration required) Skill Center (for enrolled students only) Room A (registration required) Room B	
DRAWING & PAINTING CLASS DRAWING & PAINTING LAB EGYPTIAN FOLKLORIC DANCE FABRIC ARTS LAB FRENCH TRANSLATION – Intermediate	TIME 10:00 a.m. – 12:30 p.m. 1:00 p.m. – 3:00 p.m. 9:00 a.m. – 10:30 a.m. 9:00 a.m. – 3:00 p.m. 10:00 a.m. – 11:00 a.m.	Skill Center (fee) (registration required) Skill Center (for enrolled students only) Room A (registration required) Room B Room E	
DRAWING & PAINTING CLASS DRAWING & PAINTING LAB EGYPTIAN FOLKLORIC DANCE FABRIC ARTS LAB FRENCH TRANSLATION – Intermediate FRENCH CONVERSATION	TIME 10:00 a.m. – 12:30 p.m. 1:00 p.m. – 3:00 p.m. 9:00 a.m. – 10:30 a.m. 9:00 a.m. – 3:00 p.m. 10:00 a.m. – 11:00 a.m. 11:00 a.m. – 12:00 p.m.	Skill Center (fee) (registration required) Skill Center (for enrolled students only) Room A (registration required) Room B Room E Room E	
DRAWING & PAINTING CLASS DRAWING & PAINTING LAB EGYPTIAN FOLKLORIC DANCE FABRIC ARTS LAB FRENCH TRANSLATION – Intermediate FRENCH CONVERSATION GERMAN READING - Intermediate	TIME 10:00 a.m. – 12:30 p.m. 1:00 p.m. – 3:00 p.m. 9:00 a.m. – 10:30 a.m. 9:00 a.m. – 3:00 p.m. 10:00 a.m. – 11:00 a.m. 11:00 a.m. – 12:00 p.m. 10:00 a.m. – 11:00 a.m.	Skill Center (fee) (registration required) Skill Center (for enrolled students only) Room A (registration required) Room B Room E Room E Virtual (registration required/link provided)	
DRAWING & PAINTING CLASS DRAWING & PAINTING LAB EGYPTIAN FOLKLORIC DANCE FABRIC ARTS LAB FRENCH TRANSLATION – Intermediate FRENCH CONVERSATION	TIME 10:00 a.m 12:30 p.m. 1:00 p.m 3:00 p.m. 9:00 a.m 10:30 a.m. 9:00 a.m 3:00 p.m. 10:00 a.m 11:00 a.m. 11:00 a.m 12:00 p.m. 10:00 a.m 11:00 a.m. 11:00 a.m 12:00 p.m.	Skill Center (fee) (registration required) Skill Center (for enrolled students only) Room A (registration required) Room B Room E Room E	
DRAWING & PAINTING CLASS DRAWING & PAINTING LAB EGYPTIAN FOLKLORIC DANCE FABRIC ARTS LAB FRENCH TRANSLATION – Intermediate FRENCH CONVERSATION GERMAN READING - Intermediate GERMAN CONVERSATION - Intermediate JEWELRY MAKING AND REPAIRING	TIME 10:00 a.m 12:30 p.m. 1:00 p.m 3:00 p.m. 9:00 a.m 10:30 a.m. 9:00 a.m 3:00 p.m. 10:00 a.m 11:00 a.m. 11:00 a.m 12:00 p.m. 10:00 a.m 12:00 p.m. 11:00 a.m 12:00 p.m. 11:00 a.m 12:00 p.m.	Skill Center (fee) (registration required) Skill Center (for enrolled students only) Room A (registration required) Room B Room E Room E Virtual (registration required/link provided) Virtual (registration required/link provided) Room D	
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DRAWING & PAINTING CLASS DRAWING & PAINTING LAB EGYPTIAN FOLKLORIC DANCE FABRIC ARTS LAB FRENCH TRANSLATION – Intermediate FRENCH CONVERSATION GERMAN READING - Intermediate GERMAN CONVERSATION - Intermediate JEWELRY MAKING AND REPAIRING ITALIAN CONVERSATION - Intermediate MAH JONGG - Experienced Players BRIDGE MOVIE CLUB RETRO DANCE FITNESS W/ MEL	TIME 10:00 a.m 12:30 p.m. 1:00 p.m 3:00 p.m. 9:00 a.m 10:30 a.m. 9:00 a.m 3:00 p.m. 10:00 a.m 11:00 a.m. 11:00 a.m 12:00 p.m. 10:00 a.m 12:00 p.m. 10:00 a.m 12:00 p.m. 1:30 p.m 3:00 p.m. 10:00 a.m 12:30 p.m. 12:00 p.m 3:00 p.m. 12:00 p.m 3:00 p.m. 10:00 a.m 12:00 p.m.	Skill Center (fee) (registration required) Skill Center (for enrolled students only) Room A (registration required) Room B Room E Room E Virtual (registration required/link provided) Virtual (registration required/link provided) Room D Hybrid (Room D/Virtual) Game Room Game Room Virtual (registration required/link provided) (1st Friday of the month) Social Hall (fee) (registration required)	
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DRAWING & PAINTING CLASS DRAWING & PAINTING LAB EGYPTIAN FOLKLORIC DANCE FABRIC ARTS LAB FRENCH TRANSLATION – Intermediate FRENCH CONVERSATION GERMAN READING - Intermediate GERMAN CONVERSATION - Intermediate JEWELRY MAKING AND REPAIRING ITALIAN CONVERSATION - Intermediate MAH JONGG - Experienced Players BRIDGE MOVIE CLUB RETRO DANCE FITNESS W/ MEL SHAKESPEARE DISCUSSION GROUP TABLE TENNIS	TIME 10:00 a.m 12:30 p.m. 1:00 p.m 3:00 p.m. 9:00 a.m 10:30 a.m. 9:00 a.m 3:00 p.m. 10:00 a.m 11:00 a.m. 11:00 a.m 12:00 p.m. 10:00 a.m 11:00 a.m. 11:00 a.m 12:00 p.m. 10:00 a.m 12:00 p.m. 12:00 p.m 3:00 p.m. 12:00 p.m 3:00 p.m. 10:00 a.m 12:00 p.m. 10:00 a.m 12:00 p.m. 10:00 p.m 3:00 p.m. 10:00 a.m 12:00 p.m. 10:00 a.m 12:00 p.m. 10:00 a.m 12:00 p.m.	Skill Center (fee) (registration required) Skill Center (for enrolled students only) Room A (registration required) Room B Room E Room E Virtual (registration required/link provided) Virtual (registration required/link provided) Room D Hybrid (Room D/Virtual) Game Room Game Room Virtual (registration required/link provided) (1st Friday of the month) Social Hall (fee) (registration required) Virtual (registration required/link provided) Virtual (registration required/link provided) Virtual (registration required/link provided) Dining Room 2	
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PLEASE NOTE: THE WITHDRAWAL FEE FOR ARPD PROGRAMS AND CLASSES IS \$20.00 For additional information, please call (510) 747-7500

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

Program dates, times, and locations subject to change.