



MASTICK SENIOR CENTER ACTIVITIES AT A GLANCE (EFFECTIVE 8/17/2026)

For more information, call (510) 747-7500, or visit www.alamedaca.gov/mastick

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

MONDAY - FRIDAY		
ACTIVITY	TIME	LOCATION & REQUIREMENTS
Billiards	9:00 am – 3:45 pm	Pool Room
Bocce Ball	9:00 am – 3:45 pm	Courtyard
Computer Lab	9:00 am – 3:45 pm	Room C
Exercise Equipment	9:00 am - 3:45 pm	Courtyard
Lending Library	9:00 am – 3:45 pm	Media Room
Lunch Program	Lunch served: 11:45 - 12:15 pm	Dining Room 1 (suggested donation: \$4/meal) Reservation required, call (510) 747-7503.
Putting Green	9:00 am – 3:45 pm	Courtyard
Tech Support	Varies	Room C (see fliers in lobby for details)
Transportation Assistance	Varies	Office ~ To make an appt., call (510) 747-7513.
MONDAY		
ACTIVITY	TIME	LOCATION & REQUIREMENTS
Table Tennis	9:00 am – 3:45 pm	Dining Room 2
Spanish - Beginning	9:00 am – 10:00 am	Room D (fee) (registration required)
Quilting	9:30 AM - 11:30 AM	Room B (fee)) (registration required)
Mastick Volunteer Walking Group	9:30 am - 2:30 pm	Off-site (registration required)
Stained Glass & Mosaics	9:30 am – 12:00 pm	Skill Center (fee) (registration required)
Balance Mobility & Stability	10:00 am – 10:50 am	Social Hall (fee) (registration required)
Spanish Conversation Intermediate	10:30 am – 11:45 am	Room D (fee) (registration required)
Chair Yoga	11:00 am – 12:00 pm	Social Hall (fee) (registration required)
MAH JONGG – All Levels	12:00 pm - 3:00 pm	Game Room
Drawing & Painting Class	12:30 pm - 3:00 pm	Skill Center (fee) (registration required)
Line Dancing Level 2	12:30 pm – 2:00 pm	Social Hall (fee) (registration required)
German Conversation	1:00 pm – 3:00 pm	Media Room
Square Dance	1:30 pm – 3:30 pm	Room A (registration required)
Yoga for Bone Health	2:30 pm - 3:45 pm	Social Hall (fee) (registration required)
Hand Building with Clay	5:00 pm – 7:00 pm	Skill Center (fee) (registration required)
TUESDAY		
ACTIVITY	TIME	LOCATION & REQUIREMENTS
Case Management Services	9:00 am – 3:00 pm	Office ~ To make an appt., call (510) 747-7505
Transportation Services	9:30 am – 4:00 pm	Office drop-in hours
Yoga with Dina	9:00 am – 10:15 am	Social Hall (fee) (registration required)
Frame Weaving	9:00 am – 12:00 pm	Room B (registration required)
Today's World	9:30 am – 11:30 am	Dining Room 2 (registration required)
Thrift Shop (Donations)	9:00 am – 1:00 pm	Building next to Social Hall
Thrift Shop (Open for Shopping)	10:00 am - 2:00 pm	Building next to Social Hall
Intro To Qigong	10:00 am – 11:00 am	Room A (fee) (registration required)
Ceramics – Beginning & Continuing	10:00 am – 12:00 pm	Skill Center (fee) (registration required)
Chinese Ink Painting	10:00 am – 12:00 pm	Room E (registration required)
Hula	11:30 am – 1:20 pm	Room A, call (510) 747-7500 for details.
Bridge	12:00 pm – 2:00 pm	Game Room
Bam – Balance & Mobility	12:15 pm – 1:05 pm	Social Hall (fee) (registration required)
Book Club	12:15 pm – 1:30 pm	Virtual (1st Tuesdays) (registration required)
Ceramics Lab	12:30 pm – 3:00 pm	Skill Center (for enrolled students only)
Zumba Gold – Toning	1:30 pm – 2:30 pm	Social Hall (fee) (registration required)
Michele's R&B Hustle Dance Class	3:15 pm – 4:30 pm	Social Hall (fee) (registration required)
Yoga For Bone Health	5:15 pm – 6:30 pm	Social Hall (fee) (registration required)
WEDNESDAY		
ACTIVITY	TIME	LOCATION & REQUIREMENTS
Case Management Services	9:00 am – 3:00 pm	Office ~ To make an appt, call (510) 747-7505.
Transportation Services	9:30 am – 4:00 pm	Office drop-in hours
Sewing Workshop	9:00 am – 1:00 pm	Room B
Pilates	9:00 am - 10:00 am	Hybrid (Room A/Virtual) (fee) (reg. required)
Line Dancing Level 1	9:00 am – 10:30 am	Social Hall (fee) (registration required)
MSCAB Meeting	9:30 am – 10:30 am	Room D (3rd Wednesday of month)
Stained Glass & Mosaics	9:30 am – 12:00 pm	Skill Center (fee) (registration required)
Caregiver Support Group	10:00 am – 11:30 pm	Media Room
Diabetes Support Group	10:00 am – 12:00 pm	(4 th Wednesdays) ~ To register, call (510) 747-7500.

Strength Training & Cardio	10:30 am - 11:30 am	Room A (fee) (registration required)
Line Dancing Level 3	11:00 am - 12:30 pm	Social Hall (fee) (registration required)
Movie Matinee	12:30 pm – 2:30 pm	Dining Room 2 (1st & 3rd Wednesdays)
Stained Glass & Mosaics	12:30 pm – 3:00 pm	Skill Center (fee) (registration required)
Knitting Circle	1:00 pm – 3:00 pm	Room B
Mastick Speaker Series	1:00 pm – 3:00 pm	Media Room (2nd & 4th Wednesdays)
Notary	1:00 pm – 1:30 pm	Office ~ To make an appt., call (510) 747-7500.
Yoga For Bone Health	3:00 pm – 4:15 pm	Social Hall (fee) (registration required)
Hand Building with Clay	5:00 pm – 7:00 pm	Skill Center (fee) (registration required)
THURSDAY		
ACTIVITY	TIME	LOCATION & REQUIREMENTS
Case Management Services	9:00 am – 3:00 pm	Office ~ To make an appt., call (510) 747-7505.
Transportation Services	9:30 am – 4:00 pm	Office drop-in hours
Brown Bag Program	8:30 am - 9:30 am	Dining Room 1 (1st & 3rd Thursdays) ~ For assistance, call (510) 534-8540.
Thrift Shop (Donations)	10:00 am – 2:00 pm	Building next to Social Hall
Thrift Shop (Open for Shopping)	1:00 pm – 5:00 pm	Building next to Social Hall
Ceramics – Continuing & Intermediate	10:00 am – 12:00 pm	Skill Center (fee) (registration required)
Advanced Qigong	10:00 am – 11:00 am	Room A (fee) (registration required)
Full Circle Support & Connection	10:30 am – 12:00 pm	Room D (registration required)
Yoga with Dina	10:00 am – 11:15 am	Social Hall (fee) (registration required)
New Member Orientation	10:30 am – 11:30 pm	Game Room (2nd Thursday of month) ~ To register, call (510) 747-7500.
Fitness With Kendra	11:45 am - 12:45 pm	Social Hall (fee) (registration required)
Ceramics Lab	12:30 pm – 3:00 pm	Skill Center (for enrolled students only)
Birthday Celebration	12:30 pm - 1:00 pm	Dining Room 2 (4th Thursdays)
Scrabble	1:00 pm - 3:00 pm	Game Room
Stamp Club	1:00 pm – 3:00 pm	Room D (2nd Thursdays) (registration required)
Bocce Ball	1:00 pm – 3:00 pm	Courtyard
Zumba Gold	1:30 pm – 2:30 pm	Room A (fee) (registration required)
Ram – Resistance & Movement	2:00 pm – 2:50 pm	Social Hall (fee) (registration required)
Michele's R&B Hustle Dance Class	3:15 pm – 4:30 pm	Social Hall (fee) (registration required)
FRIDAY		
ACTIVITY	TIME	LOCATION & REQUIREMENTS
Table Tennis	9:00 am – 3:00 pm	Dining Room 2
Egyptian Folkloric Dance	9:00 am – 10:30 am	Room A (registration required)
Fabric Arts Lab	9:00 am - 3:00 pm	Room B
Transportation Services	10:00 am – 12:00 pm	Office drop-in hours
German Reading & Conversation - Intermediate	10:00 am – 12:00 pm	Via Zoom (registration required)
Drawing & Painting Class	10:00 am – 12:30 pm	Skill Center (fee) (registration required)
French Translation – Intermediate	10:00 am – 11:00 am	Room E (registration required)
Italian Conversation - Intermediate	10:00 am – 12:30 pm	Hybrid (Room D/Virtual) (registration required)
Zumba Gold & Zumba Toning Combo	10:30 am – 11:30 am	Social Hall (fee) (registration required)
Mah Jongg - Experienced Players	12:00 pm - 3:00 pm	Game Room
Bridge	12:00pm – 2:00 pm	Game Room
Drawing & Painting Lab	1:00 pm – 3:00 pm	Skill Center (for enrolled students only)
SATURDAY		
ACTIVITY	TIME	LOCATION & REQUIREMENTS
Billiards	9:00 am - 2:00 pm	Pool Room
Frame Weaving	9:00 am – 12:00 pm	Room B (registration required)
Table Tennis	9:00 am – 2:00 pm	Dining Room 2
Frame Weaving	9:00 am – 12:00 pm	Room B (registration required)
Thrift Shop (Donations)	9:00 am – 1:00 pm	Building next to Social Hall
Thrift Shop (Open for Shopping)	10:00 am - 2:00 pm	Building next to Social Hall
Glass & Mosaics Workshop	9:30 am – 12:00 pm	Skill Center (registration required)
Intro To Qigong	10:00 am – 11:00 am	Room A (fee) registration required)
Advanced Qigong	11:15 am – 12:15 pm	Room A (fee) registration required)