

MASTICK SENIOR CENTER
1155 Santa Clara Avenue, Alameda, CA 94501 (510) 747-7500
ACTIVITIES AT A GLANCE (EFFECTIVE 12/23/2021)

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
CARDS AND GAMES (TBD)	9:00 a.m. - 3:00 p.m.	Game Room
COMPUTER LAB	see posted schedule	Room C
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. - 12:30 p.m.	Dining Room 1 (\$3.75 suggested donation) Reservation required, call (510) 747-7503.
PUTTING GREEN	9:00 a.m. - 3:00 p.m.	Courtyard
MONDAY		
ACTIVITY	TIME	LOCATION & REQUIREMENTS
DRAWING & PAINTING (TBD)	12:30 p.m. - 3:30 p.m.	Skill Center (fee) (registration required)
FITNESS WITH JULIE	9:00 a.m. - 10:45 a.m.	Social Hall (fee) (registration required)
GLASS & MOSAICS	9:00 a.m. - 12:00	Skill Center (fee) (registration required)
LEGAL ASSISTANCE FOR SENIORS (LAS)	(TBD)	For assistance, call (510) 747-7506.
LINE DANCING - Beginning	12:30 p.m. - 2:00 p.m.	Social Hall (fee) (registration required)
MAH JONGG - Experienced Players	12:00 - 3:00 p.m.	Game Room (registration/playing card required)
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)
TUESDAY		
ACTIVITY	TIME	LOCATION & REQUIREMENTS
BOOK CLUB	12:15 p.m. - 1:30 p.m.	Virtual (registration required/link provided)
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. - 12:00 1:00 p.m. - 3:00 p.m.	Skill Center (for enrolled students)
CHAIR YOGA	10:45 a.m. - 11:45 a.m.	Social Hall (fee) (registration required)
CONSUMER PRESENTATIONS	(TBD)	(refer to monthly bulletin)
CREATIVE WRITING	10:00 a.m. - 1:00 p.m.	Courtyard (Media Room) (fee)
HICAP (TBD)	9:30 a.m. - 12:30 p.m.	Office (1 st & 3 rd Tuesday of month - by appt.) ~ For assistance, call (510) 747-7506.
NEEDLECRAFT	9:30 a.m. - 11:30 a.m.	Room B
CHAT ROOM: FINDING MEANING IN YOUR LIFE	9:30 a.m. - 11:30 a.m.	Virtual (registration required/link provided)
PODIATRY/BLOOD PRESSURE (TBD)	1:45 p.m. - 3:00 p.m.	Media Room (3 rd Tues. of month - by appt.)
QIGONG	10:00 a.m. - 11:00 a.m.	Room A (fee) (registration required)
SQUARE DANCE (TBD)	1:00 p.m. - 3:00 p.m.	Room A (fee)
TAI CHI SWORD 32 & 42	1:30 p.m. - 2:30 p.m.	Social Hall (free) (registration required)
THRIFT SHOP	10:00 a.m. - 2:00 p.m.	Building next to Social Hall
TODAY'S WORLD (TBD)	9:30 a.m. - 11:30 a.m.	Dining Room 2
TRANSPORTATION ASSISTANCE	9:00 a.m. - 1:00 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)
ZUMBA GOLD - TONING	2:00 p.m. - 2:55 p.m.	Room A (fee) (registration required)
WEDNESDAY		
ACTIVITY	TIME	LOCATION & REQUIREMENTS
AARP SMART DRIVER COURSE (TBD)	see posted schedule	Room D (fee) (registration required)
BALLROOM DANCE (TBD)	1:00 p.m. - 2:00 p.m.	Room A (fee)
BLOOD PRESSURE - Fire Dept. (TBD)	10:00 a.m. - 12:00	Media Room (2 nd & 4 th Wed. of month)
BRIDGE PLAYERS	12:00 - 3:00 p.m.	Game Room (registration required)
CASE MANAGEMENT SERVICES	9:00 a.m. - 3:00 p.m.	Office ~ To make an appt., call (510) 747-7505.
COMPUTER INSTRUCTION	see posted schedule	Room C (registration required)
CONNECTIONS SUPPORT GROUP	10:00 a.m. - 12:00	Room D (registration required) (2/16) ~ For assistance, call (510) 747-7500.
GLASS & MOSAICS	9:00 a.m. - 12:00	Skill Center (fee) (registration required)
GLASS & MOSAICS	12:15 p.m. - 3:00 p.m.	Skill Center (fee) (registration required)
DIABETES SUPPORT GROUP	10:00 a.m. - 12:00	Room D (registration required) (1/26, 2/23) ~ For assistance, call (510) 747-7500.
LINE DANCING FOR NEW BEGINNERS	9:30 a.m. - 10:30 a.m.	Social Hall (fee) (registration required)
LINE DANCING - Intermediate	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 Wed. of month) ~ For assistance, call (510) 747-7506.
NOTARY	1:30 p.m. - 3:00 p.m.	Office/Off-site ~ To make an appt., call (510) 747-7500.
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 (Virtual/Room A) (fee) (registration required)
SEWING & ALTERATION (TBD)	10:00 a.m. - 2:00 p.m.	Room B
STRENGTH TRAINING & CARDIO	10:30 a.m. - 11:30 a.m.	Hybrid (Virtual/Room A) (fee) (registration required)
TABLE TENNIS	1:00 p.m. - 4:00 p.m.	Social Hall (free) (registration required)
TRANSPORTATION ASSISTANCE	9:00 a.m. - 1:00 p.m.	Office ~ To make an appt., call (510) 747-7513.

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THURSDAY		
ACTIVITY	TIME	LOCATION & REQUIREMENTS
ALZHEIMER'S CAREGIVER SUPPORT GROUP (TBD)	10:00 a.m. - 11:30 a.m.	(Room D) (2 nd & 4 th Thursday of month) ~ For assistance, call (510) 747-7506.
BIRTHDAY CELEBRATION	12:30 p.m. - 1:00 p.m.	Courtyard/Dining Room 2 (1/27, 2/24, 3/24) (registration required)
BOCCE BALL	1:00 p.m. - 3:00 p.m.	Courtyard (drop-in games w/ volunteer coaching)
BROWN BAG DISTRIBUTION (TBD)	9:00 a.m. - 10:00 a.m.	Delivery (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 – Beginning	10:00 a.m. - 12:00	Skill Center (fee) (registration required)
CERAMICS – Intermediate	1:00 p.m. - 3:00 p.m.	Skill Center (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 / Courtyard (4 th Thursday of the month)
NEW MEMBER ORIENTATION	10:30 a.m. - 12:00	Media 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)
TAI CHI CHUAN 24 & 42	12:30 p.m. - 1:30 p.m.	Social Hall (free) (registration required)
TAI CHI WARM UPS	11:00 a.m. - 12:00	Social Hall (free) (registration required)
TEENS TEACHING TECHNOLOGY	4:00 p.m. - 5:00 p.m.	Room C (3 rd Thursday of month) (registration required)
THRIFT SHOP DONATIONS	9:30 a.m. - 1:30 p.m.	Thrift Shop (donations accepted until full)
TRANSPORTATION ASSISTANCE	9:00 a.m. - 1:00 p.m.	Office ~ To make an appt., call (510) 747-7513.
ZUMBA GOLD	2:00 p.m. - 2:55 p.m.	Social Hall (fee) (registration required)
FRIDAY		
ACTIVITY	TIME	LOCATION & REQUIREMENTS
DRAWING & PAINTING CLASS (TBD)	9:30 a.m. - 12:30 p.m.	Skill Center (fee) (registration required)
DRAWING & PAINTING LAB (TBD)	1:00 p.m. - 3:30 p.m.	Skill Center (for enrolled students)
EGYPTIAN FOLKLORIC DANCE	9:00 a.m. - 10:30 a.m.	Room A
FABRIC ARTS LAB	12:30 p.m. - 3:00 p.m.	Room B
FITNESS WITH JULIE	9:00 a.m. - 10:45 a.m.	Social Hall (fee) (registration required)
FRENCH - Intermediate Translation	10:00 a.m. - 10:45 a.m.	Room E
FRENCH – Intermediate Conversation	11:00 a.m. - 11:45 a.m.	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)
MOVIE MATINEE (TBD)	1:00 p.m. - 3:30 p.m.	Dining Room 2
SHAKESPEARE DISCUSSION GROUP	1:30 p.m. - 3:30 p.m.	Virtual (registration required/link provided)
SATURDAY		
ACTIVITY	TIME	LOCATION & REQUIREMENTS
PICKLEBALL	9:30 a.m. - 12:30 p.m.	Lincoln Park (1450 High St.)
THRIFT SHOP	10:00 a.m. - 2:00 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.

Program dates, times, and locations subject to change.